## Are you struggling with caring for your loved one?



## Check out our free seminar on: Caregiving Survival PLUS Caring for the Elderly

Dementia caregiving expert Jill Gafner Livingston will offer tips and tools on managing the stress of caregiving. Her inspirational seminar is designed with the family caregiver in mind and will encourage positive thoughts and behaviors.



Jill Gafner Livingston, BSBM, Certified Dementia Practitioner (CDP), Certified Alzheimer's Disease and Dementia Care Trainer (CADDT). Author, "Personal Positioning for Caregivers." Supporting caregivers since 2006 through radio, television and national seminars. Wednesday, May 18, 2023 1:00 – 3:00 PM Council on Aging 600 Grand River Port Huron, MI 48060



Register at: tinyurl.com/CareSurvive2 or call 833-262-2200.



## Need a ride or care for your loved one so you can attend?

Free transportation and respite care may be available. Ask for details when you register.

Global Training Experts is funded in whole or in part by the federal Older Americans Act and the Bureau of Aging, Community Living, and Supports through the Area Agency on Aging 1-B. Global Training Experts complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer. Reasonable accommodations will be provided upon request.