

# 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](https://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.