

**Regional Geriatric Programs of Ontario is listening to caregivers!**



# Workshop for Caregivers

Are you caring for a family member or friend who is a senior (65 or older) with difficulties in one or more of the following areas?

- Walking
- Remembering
- Managing medications
- Managing meals
- Staying socially active

...Your caregiving story is valuable!

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**Wednesday October 17th, 2018**

11:00am – 2:00pm

Location: Cobourg Community Centre (HTM Room)  
750 D'Arcy Street, Cobourg

Email or call to reserve your space by October 16th

Light lunch will be provided

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Contact us if you want to share your story, meet other caregivers and help us develop new tools for caregiving in Ontario.

Need help getting to the event? Need help caring for your loved one while you are attending? That's okay! Simply contact us and we may be able to help.

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