

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



Focus Group 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

...We think your caregiving story is valuable!

Wednesday January 23, 2019 11:00am – 2:30pm

Oshawa Library- McLaughlin Branch, McLaughlin Auditorium, Oshawa

Register online, by phone or e-mail by January 22nd

- **FREE** Lunch will be provided

Come to the workshop to share your insight and expertise, and help build educational resources for caregivers across Ontario.

Financial support for transportation to the workshop and/or respite care may be requested. Please contact us for more information.

Register Online:

<https://durhamcaregiverfocusgroup.eventbrite.ca>

Contact: sbacque@rgpo.ca or cnash@rgpo.ca

705-761-4078

Website: rgps.on.ca