

**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

...We think your caregiving story is valuable!

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**Tuesday January 29, 2019** 11:00am – 2:30pm

St Peter's Hospital, Garwood Jones Auditorium, Hamilton

Register online, by phone or e-mail by January 25th

- Parking exit passes and lunch will be provided at no cost
- **FREE** Lunch will be provided

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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://caregiver-codesign-workshop-hamilton.eventbrite.ca>

Contact: [sbacque@rgpo.ca](mailto:sbacque@rgpo.ca) or [cnash@rgpo.ca](mailto:cnash@rgpo.ca)

705-761-4078

Website: [rgps.on.ca](http://rgps.on.ca)