

**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!

Wednesday December 5, 2018

RSVP to reserve your place by Monday December 3, 2018

11:00am – 2:30pm

Location: Kinsmen Recreation Centre

20 Granville Street, London

FREE Lunch will be provided

Note: Watch for more workshops in the South West region in 2019.

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

Assistance with transportation and respite may be requested.

RSVP by email: sbacque@rgpo.ca or sgibbens@rgpo.ca

RSVP by phone: 905-376-8206

Website: rgps.on.ca