

**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!

Thursday February 21, 2019 11:00am – 2:30pm

Main Hall, Villa Marconi, 1026 Baseline Rd. Ottawa

Register online, by phone or e-mail by February 19, 2019

- **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://ottawa-caregiver-focusgroup.eventbrite.ca>

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

705-761-4078

Website: rgps.on.ca