

Caregivers – Help is Here A Symposium for Caregivers

A special community event, “Caregivers – Help is Here”, is available to those who are anticipating the needs of, or caring for an elderly parent or loved one. The symposium is designed to help you care for yourself while you provide care for your loved one and to serve as a gathering place of information on various community resources available in the Fredericksburg area.

Topics to include: Myths of Aging, Spirituality in Caregiving, Nutrition for the Caregiver, Incontinence, Ingredients for Successful Caregiving

There will be a variety of vendors offering resources for caregivers and the elderly.

November 8, 2008
9:00 AM to 3:30 PM
Marshall Center
8800 Courthouse Road
Spotsylvania, VA 22553

It's nice
to see
you out!

I learned to take time
for myself at the
Caregivers
Symposium!



“Caregivers – Help is Here” is sponsored by the Alzheimer’s Association of Fredericksburg, Chancellor’s Village, Comfort Keepers, ElderCare Connections, HeartFields Assisted Living at Fredericksburg, MediCorp Senior Services, Spotsylvania Department of Social Services and the Rappahannock Area Agency on Aging.

\$15.00 Fee

Call Comfort Keepers at 540-370-0008 for information.