



Inland Counties Caregiver Coalition

Presents:

Family Caregiving Today

Tools to Keep Fit!

**Date: Friday
February 25, 2011**

To show our appreciation for all you do and in commemoration of the 10th anniversary of the National Family Caregiver Program, family caregivers are invited to join us for a day of information, resources, and educational workshops.

**Time: 9am-1pm
Lunch will be served**



Location:

**Braille Institute
70-251 Ramon Road
Rancho Mirage, Ca 92270**

**ICCC Collaborating Agencies:
Steering Committee Members**



**Riverside
County Office
on Aging**



alzheimer's association®

Keynote Presenter:

- **Karen Twichell motivational speaker and noted author**, will share her personal story as a caregiver and the lessons she learned along the way. Karen's book, *A Caregivers Journey—Finding Your Way* received the Caregiver Friendly Award from Caregiver Media Group and the 2001 Writers Digest National Book Award Certificate of Merit.

Other Topics for the day will include: Legal and Financial Issues & Stress Management through Meditation and Relaxation

RSVP by February 22, 2011 @ 951-867-3800 or 800-510-2020

LIMITED SPACE AVAILABLE

If you require assistance with reasonable accommodations (ADA) please contact Mary Hrinko at the above number, at least one week prior to the workshop.

Respite assistance may be available. Inquire at time of registration.
This event is funded in part by the National Family Caregiver Program.