

Sponsored by
Chesterfield Council
on Aging and
Chesterfield County
Office of the
Senior Advocate

Soup for the Caregiver's Soul

Workshop for families and caregivers

Date:

March 18

Time:

9 a.m.-3 p.m.

Location:

Southminster
Presbyterian
Church,
7500 Hull Street
Richmond

FREE

If you're caring for a loved one, or work or volunteer in the community as a caregiver, you will benefit from this workshop.



Keynote Speaker at 9:45 a.m.

Coping Skills for Caregivers

Dr. Pam MacMillan, Sheltering Arms

Workshop Sessions Include:

- ◆ Medicaid and Social Security Disability
- ◆ Different Options of Care
- ◆ Legal Resources (Power of Attorney, Advance Directive, Process for Guardianship)
- ◆ Self-Care, Relaxation and Coping

Lunch will be provided.

RSVP: 804-768-7878 or Leidheiserd@chesterfield.gov

Providing a FIRST CHOICE community through excellence in public service