

Friends of Mental Health

Care for the Caregivers

Finding Your Community Supports

Are you the caregiver of a parent or other older adult, a child, or a person with disabilities? Perhaps you anticipate becoming a caregiver. This presentation is for you! Learn ways to access support and take care of yourself first, so you can be your best!

Learn about resources and hear from experts:

- Nancy Fagan, CMC and Tippi Suzanne Geron, OTD, OTR/L CCM, Principal Owners, Continuum Care Strategies
- Adrien Cotton, Wellness Expert
- Remi Rory, Owner, Make No Excuses Fitcamp
- Ashley R. Johnson, Deputy Division Chief, Aging & Adult Services, Department of Community & Human Services

 **REGISTER NOW**



Saturday, November 15 | 10 a.m. - 12 p.m.
Del Pepper Community Resource Center
4850 Mark Center Dr., Level "LR"

Free event, free garage parking, light refreshments.

Donations to the event sponsor, Friends of the Alexandria Mental Health Center, are welcomed!