

# INSPIRATION & INFORMATION FOR CAREGIVERS



## A FREE CONFERENCE FOR CAREGIVERS IN SOMERSET COUNTY



Do you take an aging loved one to the doctors? Manage their medications? Shop for or prepare their meals?

Do you care for a child with a disability? Or regularly check in on a friend with mental illness?

If you answered yes to any of these questions, YOU are a caregiver. You are not alone! Over 70,000 residents in Somerset County serve as caregivers every day.

**United Way Caregivers Coalition** is here to support you in your caregiving role. Join us at our **first Caregivers Conference in Somerset County**. You will hear valuable information from local experts, learn about area resources, and have a chance to connect with other caregivers.

## SAVE THE DATE!

**Saturday, November 22, 2014**

**8:30am – 1:00pm**

Complimentary breakfast and lunch!

**Good Shepherd Lutheran Church**

300 Union Ave., Somerville, NJ

## KEYNOTE SPEAKER

Ron Owens, teacher, humorist, and caregiver, will share an inspirational message about the power of laughter.



## WORKSHOPS

- Legal Basics Every Caregiver Should Know
- Managing Next Steps When Your Loved One Leaves a Medical Facility

## RESERVE YOUR SPOT TODAY!

To register, email [Stephanie.Howland@UnitedWayNNJ.org](mailto:Stephanie.Howland@UnitedWayNNJ.org) or call 908.253.6534.