

**Regional Geriatric Programs of Ontario
is listening to caregivers!**



Workshop for Caregivers

Are you caring for a family member or friend who is a senior (65 or older) with difficulties in one or more of the following areas?

- Walking
- Remembering
- Managing medications
- Managing meals
- Staying socially active

...We think your caregiving story is valuable!

Tuesday January 29, 2019 11:00am – 2:30pm

St Peter's Hospital, Garwood Jones Auditorium, Hamilton

Register online, by phone or e-mail by January 25th

- Parking exit passes and lunch will be provided at no cost
- **FREE** Lunch will be provided

Come to the workshop to share your insight and expertise, and help build educational resources for caregivers across Ontario.

Financial support for transportation to the workshop and/or respite care may be requested. Please contact us for more information

Register Online:

<https://caregiver-codesign-workshop-hamilton.eventbrite.ca>

Contact: sbacque@rgpo.ca or cnash@rgpo.ca

705-761-4078

Website: rgps.on.ca