

Caregiver Information and Support Presents:

Caregiver Information and Support



Caregiver Mini Forums

**Where: Community Hall,
Aberdeen, SK**

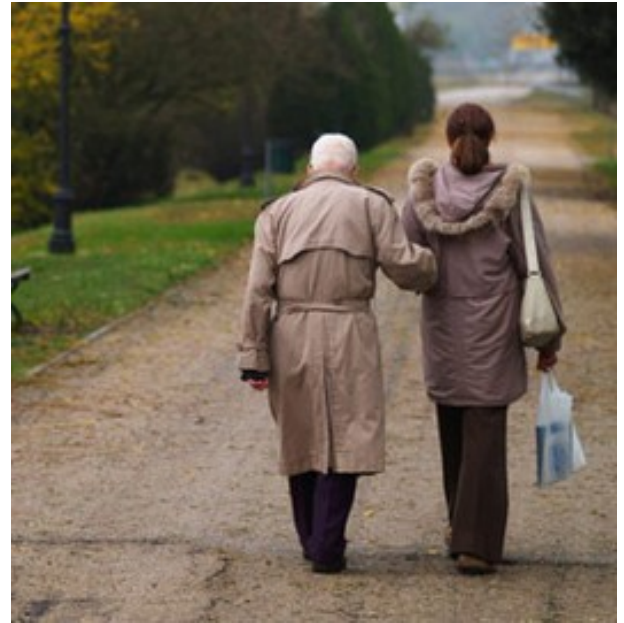
Time: 7:00 p.m.

Dates:

January 19— *Aging Well*

**February 16— *Caregiving
& Caregiver Burnout***

Cost: FREE!



Who is a caregiver? An informal caregiver is someone who cares for and gives unpaid support to a family member, friend, or neighbour who is frail, ill, or disabled and who lives at home or in a care facility. Many caregivers are older adults, or are caring for older adults. Our organization can provide lots of useful information and support to help caregivers in the community.

Please call 652-4411 to register!

Caregiver Information & Support is a program of the Saskatoon Council on Aging. Thank you to Dakota Dunes Development Corporation, whose funding contribution made these presentations possible.

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