



# Caregiver Information & Support Rural Forums

**Where: Martensville  
Heritage Centre**  
**Time: 7:00pm**  
**Date: January 4**  
**Topic: 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.

**Future topics include:**

**February 2 - Fall Prevention - Langham Museum 7:00pm**  
**March 5 - Aging Well - Martensville Heritage Centre 7:00pm**

**Please call 652-4411 to register!**

Caregiver Information & Support is a program of the Saskatoon Council on Aging.  
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