



CAREGIVING: THE THINGS THEY NEVER TOLD YOU ABOUT

- Saturday, September 14, 2024
- 9:30am-1:30pm
- St. Luke's Warren Hospital
185 Roseberry St., South Wing
Entrance, Phillipsburg, NJ

FREE Caregiver Appreciation Event recognizing unpaid caregivers across the lifespan

Three workshops are being offered:

- **The Basics of Medicaid Eligibility** presented by Ryann M. Siclari, Esq., LL.M. (Elder Law), CELA with Porzio, Bloomberg & Newman
- **The Good, The Bad & The Ugly: 50 Shades of Grief** presented by Amy Matthews, Dementia Consultant and Robin Ennis, Caregiver Resource & Information Specialist
- **Caregiver Stress Management and Gut Health** presented by Kate Composto-Lazzarotti, Certified Health & Wellness Coach

Be kind to yourself and join us!

- Enjoy a complimentary breakfast and lunch provided by St. Luke's Warren Hospital
- Information and resources
- Door prizes

Registration is required by Monday, August 26. Email RobinEnnisLLC@gmail.com or call 908-866-1333. There is no respite care provided for this event.

Please note: Family caregivers provide an invaluable resource to their loved ones as well as to America. Their courage, compassion and dedication to family members, friends and neighbors allow the aging population and persons with disabilities and mental illness to remain independent.