



EXPECT THE UNEXPECTED: HOW TO PREPARE

- **Saturday, April 12, 2025**
- **9:30am-1:30pm**
- **Hackettstown Medical Center
West Wing Conference Room
651 Willow Grove St., Hackettstown**

FREE Caregiver Appreciation Event recognizing unpaid caregivers across the lifespan

Three workshops are being offered:

- **Emergency Preparedness for You and Your Loved Ones** presented by Lorrie Koonz, Safety Trainer and Stroke Program Manager with AHS Hackettstown
- **Learning to Protect Your Identity** presented by Bruno Pereira, Vice President of Valley Bank
- **Radical Self Care with Sound, Voice & Vibration** presented by Ruth Ratliff, Professional Vocalist, Voice Teacher and Sound Practitioner

Be kind to yourself and join us!

- Enjoy a complimentary breakfast and lunch provided by Hackettstown Medical Center
- Information and resources
- Door prizes

Registration is required by Monday, March 31. Email RobinEnnisLLC@gmail.com or call 908-866-1333. Respite care is not 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.