

Join us for a Free Community Event



CAREGIVING RESOURCE WORKSHOPS

The AARP Caregiving 6 part series will be a monthly two-hour workshop that will feature:

FUN, INTERACTIVE PRESENTATIONS • HEALTHY REFRESHMENTS

OPPORTUNITY FOR POSITIVE/SUPPORTIVE SOCIAL INTERACTION WITH OTHER CAREGIVERS

YOU MUST REGISTER. PLEASE CALL 1 (877) 926-8300

SERIES TOPICS INCLUDE:

NUTRITION - Our workshop to examine on how to manage stress and practice healthier nutrition/ behaviors on the go while caregiving

FINANCES - Hear from an expert panel of local financial experts on how to manage your money, how to protect your finances and identity, learn best practices on banking as a caregiver.

VETERANS' RESOURCES - Hear from veterans affairs experts to help you connect with veterans resources.

EXERCISE & FITNESS FOR CAREGIVERS - Learn how to integrate exercise and well-being into your life as a caregiver.

COMMUNITY RESOURCES - Hear from an expert panel of local community resource organizations and experts on how to support your life as a caregiver.

Sinai Grace Hospital
6071 Outer Dr.
Detroit, MI 48235

Workshop will be held in the Auditorium

Saturday

May 6, June 3 and July 8
Time: 1:00 pm - 3:00 pm

Harper-Hutzell Hospital
3990 John R
Kresge Auditorium (2nd Floor)
Detroit Michigan 48201

Saturday

Aug. 5, Sept. 9 and Oct. 7
Time: 1:00 pm - 3pm