

You're Invited

Saturday, Nov. 3, 2012

9:30 a.m. - 2:30 p.m.

Celebrating Family Caregivers*

*Caregivers of seniors, children or adults with a disability, and wounded warriors

In honor of National Family Caregiver Month let us take care of *You* for all you do!

Free seminars, luncheon and keynote speaker!

TriPoint Grantham Center

corner of St. Mary's St. and Hwy. 281

* **RSVP before OCT. 1** for transportation and in-home or on-site respite for caregivers caring for a loved one 60 years or older. Call **477-3275**.

** All others **RSVP before OCT. 29**. *On-site* respite services *only* also available. Please request when you RSVP to **210-493-2332** or email **BexarFamilyCaregiverCoalition@satx.rr.com**

Caregiver Resources
Chair & Hand Massages
Door Prizes

Sponsored by



Vendor Exhibits
Educational Sessions
On-Site Respite



Many outstanding presenters.

Topics to include:

- ⇒ Identity Theft
- ⇒ Battle Mind vs. Civilian Mind
- ⇒ Managing Challenging Behaviors:
A Pediatric Focus
- ⇒ Thriving in the Midst of Change
- ⇒ Laughter Yoga
- ⇒ Community Resources:
"What Does this Cost?"
- ⇒ Respite Care
- ⇒ Caring for your Spirituality

The Bexar County Family Caregiver Support Coalition is a volunteer group dedicated to improving the quality of life for all family caregivers and their care recipients. The Coalition is a subcommittee of the Bexar Senior Advisory Committee (BSAC), Bexar Area Agency on Aging (BAAA), Alamo Area Council of Governments (AACOG).