Do you give unpaid care to a spouse? a parent? a child? a relative or friend?

Due to frailty? advanced age? a physical condition? a mental condition?

Please join us to learn more about the free programs and services offered by Caregivers Nova Scotia – the first province-wide organization in Canada dedicated to supporting unpaid caregivers. There will be two FREE sessions:

Wednesday, October 15th, 2014

9:30 am at the Goldboro Interpretive Centre, 12881 Highway #316 (refreshments will be served) and

2:30 pm at the Shamrock Senior’s Centre 89 Queen St, Canso (refreshments will be served)

Please register by contacting Brenda MacKinnon at 902-863-5040 or nscentral@ageingwelltogether.ca or Cindie Smith at 1-877-488-7390.