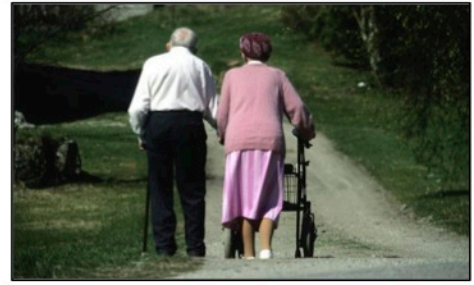


***Do you give unpaid care to  
a spouse ?  
a parent ?  
a child ?  
a relative or friend ?***



***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 15<sup>th</sup>, 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](mailto:nscentral@ageingwelltogether.ca) or Cindie Smith at 1-877-488-7390.

  
**Caregivers**  
Nova Scotia  
for friends and family giving care

  
**Community Links**  
Ageing Well Together

  
**GASHA**