

# Courageous Caregivers Conference

Join us for a day of self-care, learning and inspiration!



STAY AT HOME CARE

 **flourish:**  
FAMILY WELL BEING SOCIETY

Northwood  
INTOUCH

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

*May 19, 2016*

*10 – 4 (Doors open at 9am)*

*Bridgewater Fire Department*

*FREE Lunch is included – call 902 543 1727 to register*

## **Sessions include the following information:**

- \*Navigating the System
- \*Medication Management
- \*Diet and Nutrition
- \*Self-care
- \*Legal Information
- \*Safety Systems
- \*Home Adaptations
- \*Relaxation

Registration in advance to assure lunch for everyone and seating is limited – **902 543 1727** or email [apfyf@ns.sympatico.ca](mailto:apfyf@ns.sympatico.ca)