

Thank you for making our 2011 Healthy Aging Workshops Series a success this year! Over 70 workshop attendees have joined us so far, with one more to come in November. As a provider for your healthcare and aging-related needs, we will kick off next year's workshop series with your family in mind.

Please join us as we present our
2012 Family Caregivers Workshop Series
**Equipping You to Become
Effective Caregivers**



Here's a preview:

Understanding Health Care Decision Documents

Advanced Directives - Living Will, Durable Power of Attorney and Guardianships

End-of-Life Realities

Memorial Service Planning

Home Safety 101

Creating a Safe Environment for Your Loved One

How to Be the Best Caregiver You Can Be

Balancing Self-Care and Caregiving

Growth and Development

Embracing the Later Years Together

Home is Where the Heart Is

Resources for Independent Senior Living

Would you like to stay informed on upcoming workshops? Contact Amy Eng at aeng@kinon.org to sign-up for our monthly electronic newsletter. You can also find great tips and resources on our Facebook page at www.facebook.com/KinOnCommHealthCare