



# FREE Half-Day Workshop!

## Caregiving Survival PLUS Caring for a Loved One With Dementia

Dementia caregiving expert Jill Gafner Livingston will offer tips and tools on managing the stress of caregiving. Her inspirational seminar is designed with the family caregiver in mind and will encourage positive thoughts and behaviors.

Free handbook for the first 20 registered! Copies will be available for sale.



Jill Gafner Livingston, BSBM, Certified Dementia Practitioner (CDP), Certified Alzheimer's Disease and Dementia Care Trainer (CADDT). Author, "Personal Positioning for Caregivers." Supporting caregivers since 2006 through radio, television and national seminars.

**Wednesday, April 29**  
**4:00 p.m. to 6:30 p.m.**

**Livingston County Catholic Charities**  
**Be Our Guest Adult Day Service**  
**2020 E. Grand River Ave., #103**  
**Howell, MI 48843**

**To register, email**  
**[wellnessprograms@aaa1b.org](mailto:wellnessprograms@aaa1b.org)**  
**or call 833-262-2200.**



*Answers you can trust*