

CAREGIVERS CONFERENCE

NOVEMBER 3, 2012 | 9:30am – 12:30pm
ALUMNI THEATER, CALDWELL COLLEGE, CALDWELL, NJ*



United Way
of Northern New Jersey

Are you one of many family caregivers who do not take time for yourself?
Do you find that you are too busy giving care and/or working full time?

Join **United Way Caregivers Coalition** for a morning of presentations, activities, and resources that will provide the information you need to help you take care of yourself while caring for your loved one.

PRESENTATIONS

- **COOKING FOR YOUR HEALTH** - Alma Schneider, LCSW, Chef, and founder of Take Back the Kitchen
- **BEING FIT WHERE YOU SIT** - Eydie Shapiro, owner of Comfort Keepers
- **POSITIVE STATE OF MIND** – Ed Tseng, Mental Wellness Coach and author of *Game, Set, Life*



ACTIVITIES

- **MASSAGE** – Advanced Rehab and Wellness
- **REFLEXOLOGY** – Empowered Healing
- **EXERCISE TIPS** – YMCA of Montclair

RESOURCES

- Access Link
- Alzheimer's Association
- American Cancer Society
- Barnabas Health/Barnabus Home Health Care
- Department of Veteran's Affairs
- Essex County Division of Senior Services
- Guardianship Association of New Jersey, Inc.
- HackensackUMC Mountainside
- Mental Health Association of Essex County
- National Academy of Elder Law Attorneys
- NJ Chapter of the National Association of Professional Geriatric Care Managers
- NJ Hospice and Palliative Care Association
- NJ Travel Independence Program
- Parkinson's Support Group of North Jersey

COMPLIMENTARY ON-SITE RESPITE CARE

Please contact us by **October 30** with inquiries.
Respite provided for participants by BrightStar.
(Every effort will be made to accommodate each respite request)

Plan on Attending? Contact Deb Day at 973.746.4040, x209 or Deborah.Day@UnitedWayNNJ.org

*Enter Caldwell College at Ryerson Avenue and Bloomfield Avenue and follow the signs

GIVE. ADVOCATE. VOLUNTEER.

LIVE UNITED