



Caring for the Caregivers Education & Support Program 2023: Caregiver Toolbox

Where: Central Midlands Council of Governments

236 Stoneridge Drive, Columbia, SC 29210

When: 3rd Thursday of every month, 11:00 AM - 1:00 PM

**Reservations are requested (803-376-5390) and lunch will be provided.*

February 16th – Retire Ease

Lunch sponsored by Retire Ease.

March 16th – “Ageless Grace: Brain Health Fitness” Lisa Price from First Light Home Care.

Lunch sponsored by First Light Home Care

April 20th – “Caregiver Fatigue” Heartfelt Home Care

Lunch Sponsored by Heartfelt Home Care

May 18th – “Time Management for the Caregiver” by Shannon Contreras from Griswold Home Care.

Lunch TBD

June 15th – Retire Ease.

Lunch sponsored by Retire Ease.

July 20th – Speaker TBD

Lunch sponsored by Home Instead.

August 17th – Presented by Margo from Halcyon Hospice

Lunch sponsored by Halcyon Hospice.

September 21st – “Techniques to Cope with Stress: Building Resilience in Difficult Times” Presented by Dr. Rachel

Brown

Lunch sponsored by Hands and Hearts Home Care.

October 19th – “” Right at Home.

Lunch sponsored by Right at Home

November 16th – Presented by Be Well Home Services

Lunch sponsored by Be Well Home Services

December 14th – TBD

Serving the Midlands Senior Citizens

236 Stoneridge Dr. Columbia, SC 29210 ☐ (803)-376-5390 ☐ FAX (803)-376-5394

The Mission Statement of the AAA.ADRG is to promote a positive experience of aging for older individuals, the disabled community and their families