

# Caregiver Retreats

**Saturday, November 9 | 10 am - 2 pm | Aullwood Audubon Farm  
9101 Frederick Pike, Dayton**

**Thursday, November 14 | 4:30 - 8 pm | Years Ahead Health Center  
6661 Clio Road, Centerville**



## Are you caring for a loved one at home?

Being the primary support for a loved one who is vulnerable or who has a disability can be a consuming and sometimes overwhelming experience. Join us for these free events to share with other caregivers and professionals to discuss common issues, share ideas, and learn more about supportive services.

- Participate in a panel discussion including a Geriatrician, Elder Law Attorney, Social Worker, and Hospice Social Worker
- Visit resource fair of local social service agencies
- Enjoy a healthy meal, plus relaxing and fun activities and crafts.



Alzheimer's Association  
Miami Valley Chapter

**A light & healthy meal will be served at both events thanks to sponsorship from the [Kettering Health Network](#).**

***Registration is required.***

To register, please call the Kettering Health Network Call Center at **(937) 558-3988** and indicate which Caregiver Retreat date you will attend.

**Please RSVP by November 1.**

**Sponsored by:**

- The Area Agency on Aging, PSA 2
- The Kettering Health Network
- Alzheimer's Association- Miami Valley Chapter

Recognizing November as National Family Caregivers Month