

# WHO CARES FOR THE CAREGIVER?

## *An Informative Survivor's Guide*

Tuesday, August 25, 2015  
Drury Lane Theatre & Conference Center  
100 Drury Lane, Oakbrook Terrace, Illinois



## FREE TO ATTEND

Please RSVP by August 18  
to Kaitie at (630) 293-5990 or [khauser@ageguide.org](mailto:khauser@ageguide.org)

*Doors will open promptly at 6:00 p.m., but no sooner.*

6:00 p.m. Light Refreshments

6:30 p.m. Program, presented by Henry Connell

***Have more control and less stress by caring for yourself while you also care for others!***

Learn the steps to a proven caregiving plan designed with a realistic view of the process from someone who has been there. Whether you're a rookie or seasoned caregiver, this seminar will teach you to have the self-compassion, self-worth and self-preservation to get you through a very challenging period.

**Agency on  
AGING**

### ***Working Harder to Make Aging Easier***

Chartered in 1974, the Agency on Aging is a non-profit organization dedicated to combining resources, leadership and expertise on aging. Serving DuPage, Grundy, Kane, Kankakee, Kendall,