

Connect. Learn. Recharge.

Host: Kerry Fink, Helping Seniors | **Moderator:** Jennifer Barton, Seniors Helping Seniors

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10:00 AM **Caring for Yourself While Caring for Others**

Avoiding burnout and preserving your own health.

Panelists: Corina Savela - Case/Care Manager; Angelika Keane - UF IFAS Extension; Lisa Peake, RN - One Senior Place; Grant Southwell - Stroke Survivor; Alisa Southwell - Caregiver.

11:00 AM **Navigating the Caregiving Journey**

Practical tools and strategies for everyday caregiving.

Panelists: Robin Phemister - Professional Guardian/Case Manager; Mica Allen - Beyond Balance Therapy; Carlos Cuesta - Synergy HomeCare; Rebecca Osgood - Health First Memory Disorder Center; Diedra Shubert - Flourish Medical.

12:00 PM **Caregiver's Lunch Break - Lunch Provided**

Presented by Cheryl Ward - Law Firm of Cheryl Ward

1:00 PM **Community Resources and Building Your Caregiver Team**

You don't have to do it alone.

Panelists: Cheryl Ward - Law Firm of Cheryl Ward; Aly Elmasian - Aging Matters; Hilda Diaz - AARP Florida; Nancy Deardorff - Helping Seniors.

FREE • Lunch provided • Call (321) 473-7770 to RSVP