



CONVERSATIONS *with* CAREGIVERS

WEDNESDAY, MARCH 29, 2017

10:00 AM TO 11:30 AM

Join us for our first session of Conversations with Caregivers! These sessions provide opportunity for learning and open discussion with local authors on topics of interest for caregivers of a loved one with dementia or a related memory impairment. Join us for a great morning of conversation!

CONVERSATIONS WITH CAREGIVERS SERIES

Conversations with Caregivers is an ongoing series to provide learning and open discussion with local authors. All sessions are FREE; registration is required as only 25 spots are available!

RESPITE

Respite care may be available by request; please notify us when registering to confirm availability.

LOCATION

Linda and Lou Mazawey
Education and Support Center
3955 Pender Drive, Suite 100
Fairfax, VA 22030

RSVP

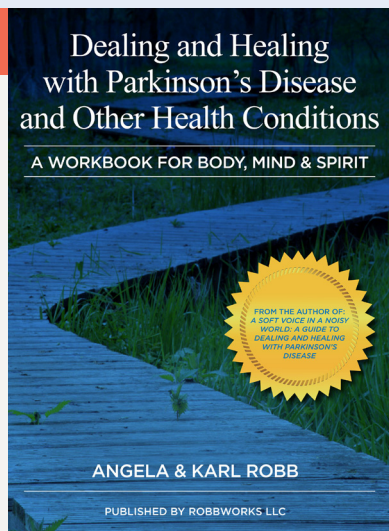
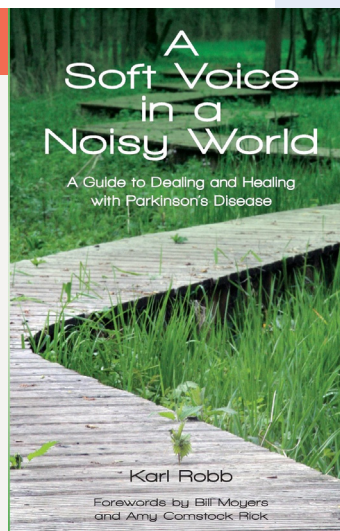
Please contact Christi Clark at christi.clark@insightmcc.org or 703-204-4664. You can also register online at InsightMCC.org; click on the event calendar at the top right of any page.

join us for conversation with authors...

ANGELA AND KARL ROBB

A culmination of over twenty years of personal experience, in *A Soft Voice in a Noisy World* Karl Robb provides an assortment of tips and suggestions that have made a difference in his life and benefited him in his personal struggle with PD. This guide shows how one man successfully navigated the medical gauntlet with the support of his wife and care partner, and found his answers, often in the unlikelyst of places.

Dealing and Healing is a new workbook that explores living well with a health condition from a body, mind and spirit level. It is filled with exercises designed to expand self-awareness, refresh the body, calm the mind, and bring peace to the spirit.



Many thanks to our Book Sponsor:
Old Dominion Home Care

Attendees will receive both books!