



A PRACTICAL GUIDE TO PACKING YOUR BAG FOR THE CAREGIVER JOURNEY!

- **Saturday, April 13, 2024**
- **9:30am-1:30pm**
- **Hackettstown Regional Medical Center
West Wing Conference Room
651 Willow Grove St., Hackettstown**

FREE Caregiver Appreciation Event recognizing unpaid family caregivers across the lifespan

Three presentations are being offered:

- **Knowing What You Need to Get Your Legal Affairs in Order** presented by Nancy Heslin Reading of The Reading Law Firm, LLC
- **Setting up Your Support Team and the Importance of Knowing What Resources You Need and How to Find Them** presented by Amy Matthews, Dementia Consultant and Robin Ennis, Caregiver Resource & Information Specialist
- **Self-Care Tips and Breathing Exercises presented** by Terri Rintz of Center Point Wellness

Be kind to yourself and join us!

- Enjoy a complimentary breakfast and lunch provided by Atlantic Health Hackettstown
- Information and resources
- Door prizes

Registration is required by Monday, April 1. Email RobinEnnisLLC@gmail.com or call 908-866-1333. There is no respite care provided for this event.

Please note: Family caregivers provide an invaluable resource to their loved ones as well as to America. Their courage, compassion and dedication to family members, friends and neighbors allow the aging population and persons with disabilities and mental illness to remain independent.