

**SAVE THE DATE! EAST COUNTY**

Are you providing care for a family member or friend?  
Are you concerned for the well being of a family member with  
Diabetes or Hypertension?

**Join other family caregivers at this free educational event.**

**CAREGIVER COALITION**

*Improving the Quality of Life for Caregivers,  
their Families and the Community.*

[www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org)

**THE CAREGIVER COALITION OF SAN DIEGO PRESENTS:**

# **FINDING THE BALANCE IN CAREGIVING**



**Thursday, August 18, 2011  
8:30am to 2:00pm**

**La Mesa Community Center  
4975 Memorial Drive  
La Mesa, CA 91942**

**Register at**

**[www.sharp.com](http://www.sharp.com)**

**or call (800) 827-4277**

**Free On-Site Care Available,  
Inquire When Registering**

**Continental Breakfast and  
Lunch will be Provided**

Great Educational Presentations on Topics  
such as: Managing the Emotional Aspects of  
Caregiving, Care Options, Legal Issues,  
Transportation, and so much more!

**Giveaways and Resource Booths**

**Brought to you by:**

