

## Free Conference

The "Art of Caregiving" Presents:

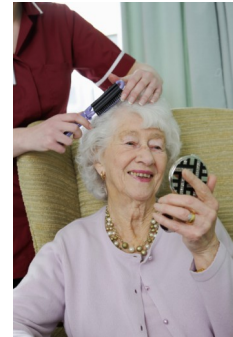
# "Live, Laugh, Learn"



**May 12, 2010**

8:30 am - 1:30 pm

N. C. Inland Older Adult Ctr  
15905 Pomerado Rd, Poway



Continental Breakfast  
Vendor Faire  
Resources  
Workshops  
Humorous Play  
Lunch



Registration Required:  
Call **1-800-827-1008**

Free on-site Care  
(Adult Day Care)  
Call: **1-858-558-0180**

### Sponsoring agencies include:

AARP  
Heritage Senior Care  
Elder Law & Advocacy  
Southern Caregiver Resource Center  
Aging & Independence Services  
At Your Home Familycare  
World of Vision Optometry  
Jewish Family Services  
Redwood Senior Homes & Services

Health Care Group  
Elizabeth Hospice  
Alzheimer's Association  
Sharp Hospice  
Response Link of S.D.  
Visiting Angels of N.C.  
Elder Care Talk Radio  
Senior Care Living Options  
San Diego Hospice



"The most satisfying thing in life is to have been able to give a large part of one's self to others."  
Pierre Teilhard de Chardin

The “Art of Caregiving” presents:  
**“Live, Laugh, Learn”**  
**Conference Agenda—Wednesday, May 12, 2010**

- 8:30-8:50      **Registration & Visit Vendor Booths**  
Light Breakfast By Health Care Group/Response Link
- 8:50-9:00      **Welcome/Introduction of Vendors**  
Cindy Wilson, Heritage Senior Care
- 9:00-9:30      **Good Vibrations**  
Ann Van Buskirk, Reiki Master
- 9:35-10:05     **Law & Order**  
Lois Kelly, Elder Law & Advocacy
- 10:05-10:30    **Break & Workshops**
- 10:30-11:00    **All In The Family**  
Alejandra Ceja-Aguilar, Southern Caregiver Resource Ctr
- 11:00-11:15    **Green is Lean**  
Cindy Wilson, Heritage Senior Care
- 11:15-11:45    **Spring not “FALL”**  
Joanne Price, Response Link of San Diego
- 11:45-12:00    **Less is More**  
Judy Gordon, AARP
- 12:00-12:45    **Lunch, provided by AARP /Workshops**
- 12:45-1:15     **Mind Over Matter**  
Diane Darby-Beach, Alzheimer's Association
- 1:15-1:30      **Laughter Yoga**

Respite is provided on-site by At Your Home Familycare

**Directions:** From the 15 heading South, take Pomerado Rd exit, Turn right onto Pomerado Rd. N.C. Inland Older Adult Center is behind the Temple across from Henry's. From the 15 heading North, take Pomerado Rd exit, same as above. If lost, call 1-858-674-1123.