

Join us on-line for a series of free, educational videos.

Are you providing care for a family member or friend?
Are you concerned for the wellbeing of your parents?

Register at www.caregivercoalitionsd.org

www.caregivercoalitionsd.org

THE CAREGIVER COALITION OF SAN DIEGO PRESENTS

CAREGIVER CLIPS

February 18 12:00pm – 12:30pm

“Health Stewardship: Caring for the Gift of Health”

Nick Yphantides, MD, author of [My Big Fat Greek Diet](#)

February 25 12:00pm – 12:30pm

“Life Care Planning: The Essential Legal Documents to Achieve Your Aging Desires”

Scott Stewart, JD, Elder Care Law Firm

March 4 12:00pm – 12:30pm

“We Need to Talk: The Driving Dilemma”

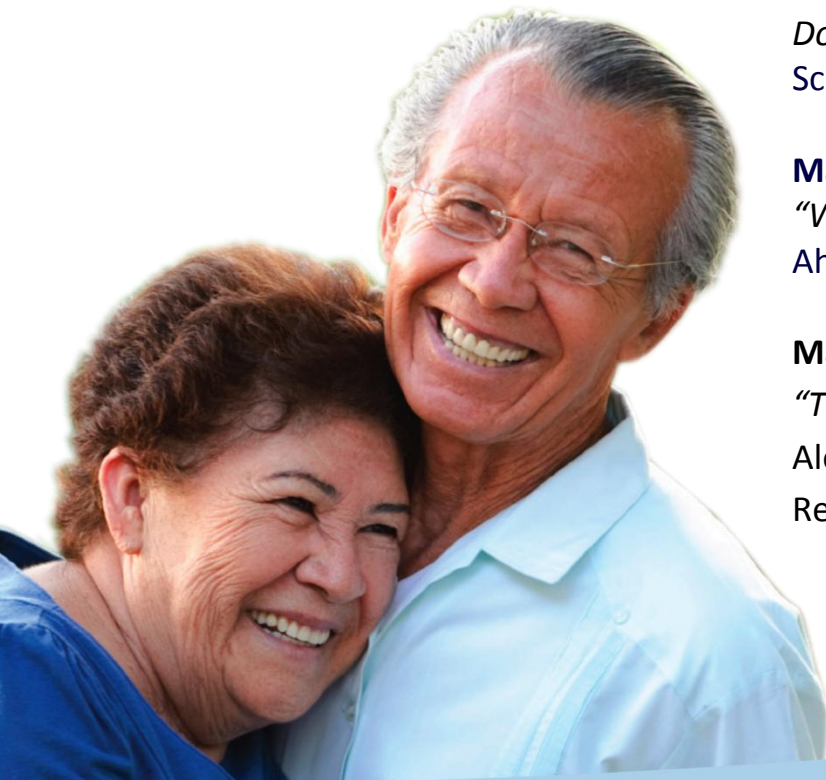
Ahnileen Martinez, AARP

March 11 12:00pm – 12:30pm

“Taking Care of Yourself, Inside & Out”

Alejandra Ceja-Aguilar, Southern Caregiver Resource Center

Please see our website for more details.



What are these clips? Live, streaming videos about caring for loved ones

Where can I participate from? Anywhere you can access the internet

Registration is required. To register, visit www.caregivercoalitionsd.org.

Once confirmed, you will receive an e-mail about how to log on.

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