When you help an aging loved one with...

- scheduling appointments
- transportation
- a place to live
- grocery shopping
- picking up medication
- making meals
- bathing or dressing

...you are a caregiver.

If you’re caring for an aging parent or spouse, you know the challenges can be overwhelming. Council on Aging of Middle Tennessee will offer resources & solutions to make your journey easier & less stressful. Each attendee will receive COA’s Directory of Services and Aging & Caring: A Guide for Families & Caregivers.

**Navigating Elder Care:**
Key Issues & Where to Find Help

**January 22, 2020**
**12:00 pm - 1:00 pm**
**Godchaux Nursing Annex, Room 160**

Lunch will be provided.
RSVP: 615.353.4235 or rsvp@coamidtn.org