

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