



# COUNTY OF SAN DIEGO NEWS RELEASE

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## **COUNTY OFFERS FREE WORKSHOP FOR SENIOR CAREGIVERS** *“Caring for Dear Ones” Aimed at Reducing Caregiver Stress*

Taking care of a loved one has its rewards, but can also cause great stress. Most caregivers of seniors are adult children who have never assumed this type of challenge.

Aging & Independence Services (AIS), a division of the San Diego County Health and Human Services Agency, joins with the Caregiver Coalition and the San Diego Black Nurses Association, Inc., to present “Caring for Dear Ones,” a free workshop to help caregivers learn to lighten the load.

The conference will be held from 9 a.m. to 1 p.m. Wednesday, June 4, at the George L. Stevens Senior Community Center, 570 S. 65<sup>th</sup> St., San Diego, 92114.

The program will feature talks on such topics as:

- The Emotional Aspects of Caregiving
- Hands On Care & Transfer Techniques
- Laughter Yoga
- Disaster Preparedness and Fire Safety
- Community Resources to Help You
- Health Screenings

A continental breakfast and light lunch will be provided by Family Caregiver Support Program funding. Resource tables will be available with helpful handout materials. Adult day care will be provided by Southern Caregiver Resource Center. Reservations must be made by May 30 for the event and the day care; call (800) 827-1008.

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