

Caregiver Seminar 2016

“How to Keep on *Dancing*

When Your Shoes are too Tight”



Presented by: Deb Weber

Ms. Weber will discuss

- How the stress of a caregiver can be dangerous to your health.
- The importance of taking care of yourself.

May 5, 2016

5:30pm - 8:00pm

Hospice of Hope

909 Kenton Station Drive,

Maysville, KY 41056

RSVP before

May 2nd by calling

Buffalo Trace

Family Caregiver

Support Program

606-564-6894

Caregiver Seminar Sponsored by:

Buffalo Trace Family Caregiver Support Program *and* Hospice of Hope