



# Workshop for Caregivers

Are you **caring** for a family member or friend who is a senior (65 +) with challenges in one or more of the following areas?

- Walking
- Remembering
- Managing medications
- Managing pain
- Managing meals
- Staying socially active
- Managing bladder/bowel

**...Your caregiving story is valuable!**

**Thursday November 29th, 2018** 11:00am – 2:30pm

Location: Providence Care Hospital, Founder's Hall D2.077  
Email, call or register with Eventbrite by November 26th  
Parking exit passes and lunch will be provided at no cost

Come to the workshop to share your insight and expertise, and help build educational resources for caregivers across Ontario.

Assistance with transportation and respite may be requested if needed!

**Contact:** Gail Hawley Knowles, [hawleykg@providencecare.ca](mailto:hawleykg@providencecare.ca) or  
Sarah Linders, [linderss@providencecare.ca](mailto:linderss@providencecare.ca)

**Phone:** 613-544-4900 ext. 52014 for reservations, or

**Register Online:** <https://caregiver-codesign-workshop-kingston.eventbrite.ca>

**Website:** [rgps.on.ca](http://rgps.on.ca)