

Caregiver Lunch and Learn Series

Are you a caregiver who lives in Henrico County? Do you want to know more about resources in your area? Do you want to learn about how to manage your caregiving role?

Attend this Caregiver Lunch and Learn to learn about:

- Resources available to you as a caregiver
- How to avoid caregiver burnout
- How to care plan with your loved one
- Navigating Medicare and Social Security

These webinars will occur **each Thursday of November** from **Noon until 1pm** via DialPad.

If you are interested in participating, please register to the Advocate for the Aging to receive the program link at:

agingadvocate@henrico.us
Or
(804)-501-5065



November 4th

Caregiving 101

Presented By

*Emily Atkinson
Henrico County Advocate for the Aging*
and

*Ayn Welleford
Virginia Commonwealth University*

November 11th

Prepare to Care

Presented By

*David Hunt & Michelle McQueen
AARP*

November 18th

Navigating Medicare

Presented By

*Jacqueline Weisgarber
Social Security Administration*