

SERVICES FOR OLDER ADULTS

Join Us for the LSS Rural Aging Action Network Service Older Adults Resource Fair

At this free resource fair learn about community services for older adults and caregivers.

Connect with providers to find local resources such as:

- Healthcare, including navigating the healthcare system, health insurance, preventative care and medication review.
- Caregiver support and respite services.
- Housing services.
- Nutrition services, including services that offer healthy meals.
- Transportation services for medical appointments, grocery shopping and running errands.

Complimentary coffee and snacks will be provided.

Visit lssmn.org/lssraan to learn more.

THANKS TO OUR EVENT SPONSOR



Event Details

Thursday, October 22
10 a.m. - 2 p.m.

First Lutheran Church
619 Broadway North
Fargo, ND 58102

Attend the *Caring with Confidence: Tools and Support for Caregivers* workshop — for free!
10 a.m. - Noon

Presented by Krisie Barron, BSW, LSW

Explore the caregiving journey and learn practical tools and real-world support strategies for caregiving at this interactive workshop. Krisie Barron has more than 30 years of experience in caregiving and dementia support.



*Krisie Barron,
BSW, LSW*