



The Bill and Nancy Conger Art of Caregiving Series

A Course about Caring for Aging Loved Ones

Whether you're an experienced caregiver or brand new to the role, there's an art to providing care for an aging loved one. Caregiving is not a "one size fits all" experience and often requires learning how to navigate the eldercare maze, as well as how to balance your own needs with those of your loved one. Join us for a live virtual series that addresses key areas and get guidance on how to best care for your aging loved one.

Thursdays 7:00 – 8:30 PM

Thursday October 2 nd	Session # 1 Navigating the Eldercare Maze
Thursday October 12 th	Session # 2 Legal and Financial Concerns
Thursday October 19 th	Session # 3 Self-Care and Caregiver Support
Thursday October 26 th	Session # 4 Normal Aging / Basics of Hands-on-Care
Thursday November 2 nd	Session # 5 Navigating the End-of-Life Journey

REGISTRATION:

- FREE live series will take place virtually using Zoom
- [Click here](#) or scan the QR code →
- After registering, you will receive a confirmation email containing information about joining the webinar series
- Please note this is a LIVE series and sessions are not recorded



For questions, please contact
Rebecca Abenante, LSW at 973-971-5839 or
HealthyAging@atlantichealth.org

The Bill and Nancy Conger Endowment Fund that generously supports the Art of Caregiving Series was named to reflect the shared legacy of Bill's late wife, Nancy



Atlantic Health System
Morristown Medical Center