



# The Bill and Nancy Conger Art of Caregiving Series

## A Course about Caring for Aging Loved Ones

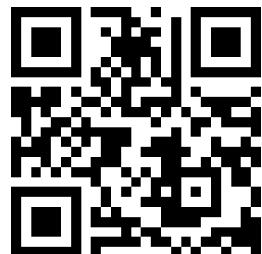
Whether you're an experienced caregiver or brand new to the role, there's an art to providing care for an aging loved one. Caregiving is not a "one size fits all" experience and often requires learning how to navigate the eldercare maze, as well as how to balance your own needs with those of your loved 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**

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

### **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](mailto: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