

# CAREGIVERS ARE *Super Heroes!*

2024 CAREGIVER CONFERENCE

PRESENTED IN PARTNERSHIP WITH

**Maryland Commission on Caregiving AND AARP® Maryland**

- ▶ 9:30 a.m. .... Registration Opens
- ▶ 10:00 a.m. .... Welcome and Opening Remarks
- ▶ 10:15 a.m. .... Kim Burton presents keynote on Resilience
- ▶ 11:15 a.m. – noon .... Choose one from three breakout sessions:
  - 1) How Super Heroes Can Battle Caregiver Stress
  - 2) Mastering Chronic Conditions
  - 3) Lifestyles Strategies for Pain Management
- ▶ Noon – 1:30 p.m. .... Buffet Lunch (enjoy lunch, caregiver conversations, spa services, and visit with community partners)
- ▶ 1:30 – 3:00 p.m. .... Loretta Veney presents Lego® Serious Play Joy, Resilience and Superpowers

**November 16  
East Columbia 50+ Center**

6610 Cradlerock Way  
Columbia 21045

FOR MORE INFORMATION

**Kathy Wehr**

CAREGIVER SUPPORT PROGRAM MANAGER  
410-313-5955 (VOICE/RELAY)  
kwehr@howardcountymd.gov



Only \$15/person  
Register using the link below,  
or scan the QR code —  
<https://bit.ly/HoCoCaregiver2024>

**Howard County**  
Office on Aging and Independence

  
**CAREGIVER  
SUPPORT PROGRAM**



If you need this information in an alternate format, or need accommodations to participate, contact MAP at 410-313-1234 (voice/relay).