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PRESS RELEASE

STOCKTON, CA —Caregivers play a major role taking care of those with chronic illnesses, those who are disabled or elderly. To off-set burnout and stress, Caregivers are invited to attend Stockton's 12th annual Inner Safari Caregiver Conference from 10 a.m. to 4 p.m. Saturday, November 9th at the Robert Cabral Agricultural Center, 2101 E. Earhart Ave., behind the Stockton Airport.

Caregiver's will be pampered, inspired and informed, along with treated to a continental breakfast and lunch. A special tribute to Caregivers to Veterans and First Responders is added to this year's program. Limited free registration is available. Register at https://caregiverconference2019.eventbrite.com

This year's conference kicks off with a special heart-beat drumming ceremony followed by a grounding soul-searching exercise led by therapist, Anna-Marie Winkler. Break-out session speakers include Edward M. Smirk, PhD, author, "Soul of Caregiving: A Caregivers Guide to Healing and Transformation. By popular demand, elder-care advocate and author, Carolyn Brent, returns. Her newest book is "Transforming Your Life Through Self-Care".

A Caregiver's Panel composed of experts will provide valuable tips and insights, helping you gain a better understanding of the issues facing self-care, mental illness, suicide and addictions. Demonstrations on how to lift and assist with mobility and other maneuvers will be shared. Attendees can visit the Pamper Parlor for a free massage, reiki, hair and makeup. Explore the Vendor Village and find treasures for the Caregivers.

In addition to receiving tools that will inspire and rejuvenate you, there will also be opportunities to win prizes and participate in a silent auction, including a 6 night/6 day stay in South Africa.

Baby-boomers are aging and have become the largest generation with care needs. Millennials are urged to attend the Inner Safari Caregiver Conference to gain tools and resources for caregiving.

Attire is "African Safari" or relaxed and comfortable.

The conference is presented by Healings in Motion and the San Joaquin County Human Services Agency, Department of Aging. Other sponsors include Health Plan of San Joaquin.