

TAKING CHARGE for Today's Caregiver



Join us for a **FREE** educational and interactive session to help caregivers find balance in their daily lives.

Taking Charge for Today's Caregiver will celebrate caregivers in a lively and upbeat forum. This day of education and advice is intended to generate positive energy to help caregivers realize that you are not alone and what community and governmental services are available for your loved ones.

- Keynote by **Jennifer Antkowiak**, award-winning TV news anchor, reporter and talk show host and author. Jennifer will discuss her newly released book "Take Care Tips," a guide for caregivers that offers important information and 101 Ten Minute Tips to help you take care of yourself while taking care of others.



Jennifer Antkowiak



- **Dan Majewski** of the Social Security Administration will share helpful information on Medicare and Social Security.
- **Mildred Morrison** of the Allegheny County Area Agency on Aging will provide insight on programs and services available for persons 60+ years old
- **Karen Randolph** will provide information about Medicaid, dual eligibility and more from the Pennsylvania Department of Public Welfare

Saturday, April 18, 2009

8:30 a.m. – Noon

Pittsburgh Athletic Association

4215 5th Avenue,
Pittsburgh, PA 15213
(Oakland – intersection of 5th Ave. and Bigelow Blvd.)

Parking is complimentary (no charge).



Hosted by

Registration is FREE but required due to limited seating.

Please call 412-918-8440 by April 10.

Refreshments and Prizes

