



## *When Caregivers Need a Break*

Caring for a senior loved one can be stressful...but help is available for caregivers, too. Dr. Charlene Proeger, Ph.D., from Proeger and Associates will offer expert advice as she speaks about effective case management. You will learn how case management services can reduce caregiver stress and how and where to find help when you need it. If your family is caring for a loved one, please join us for this informative session in our Caregiver Series. Learn how to optimize care and minimize caregiver stress.

**THURSDAY, AUGUST 5 • 11:30 A.M. - 12:30 P.M.**

**SEATING IS LIMITED. RSVP to (941) 798-8200 by August 4.**

**Lunch will be provided. LOCATION: 3rd Floor Dining Room**

  
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