

# Family Caregiver Training

Facilitations are provided by:

*The National Family Caregiver Support Program*

A program of the:



## ***Training Location:***

***R.E.A.L. Adult Day Care***

*410 North Benavides*

*San Diego, Texas*

*Phone: (361) 279-2100*

**Date: Wednesday, August 19, 2009**

**Time: 10:00 a.m. - 11:30 a.m.**

## **HEALTHY EATING NUTRITION BASICS**

- ◆ Check Food Labels
- ◆ Eating To Stay Healthy
- ◆ Special Diets



*A partnership with the:*



**Family Caregiving Module**



*For additional information contact:*

***Felipa Lopez Wilmot***

***Caregiver Program Specialist***

***(361) 883-3935 ext - 262 or 1-800-817-5743***

***felipa@cbcogaaa.org***

*The Area Agency on Aging  
is a program of the*



*The Area Agency on Aging of the Coastal Bend  
is funded in part by the*

*Texas Department of Aging and Disability Services*

# ~ AUGUST 2009 EVENTS ~

## ~ Family Caregiver Support Groups ~

◆ *Tuesday, August 4th at 6:30 p.m.*

~ **Alzheimer's Support Group** ~

*Padre Behavioral Hospital*

6625 Wooldridge Road; Corpus Christi  
(Between Airline & Rodd Field Road)

◆ *Thursday, August 20th at 10:00 a.m.*

*Area Agency on Aging*

2910 Leopard Street; Corpus Christi

## ~ SAVE THE DATE ~

**WHEN: FRIDAY, AUGUST 28th**

**WHAT: 3rd ANNUAL FACE-TO-FACE  
FAMILY & FRIENDS FESTIVAL**

*"Providing Education, Resources & Information  
for Family Caregivers and Friends Alike"*

**WHERE: AMERICAN BANK CENTER**

**R.S.V.P: (361) 883-3935 OR 1-800-817-5743**

*For additional information contact:*

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*Caregiver Program Specialist*

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