

NEW FOR 2015!  
**FAMILY CAREGIVER  
LUNCH AND LEARN SERIES**

*Providing you tools to safely care for your loved one at home.*

REGISTER  
NOW!

**February 12th**  
***Home Safety***

Learn from a gerontological specialist that works exclusively with older adults and their caregivers how to minimize the risk of your loved one falling or being injured at home.

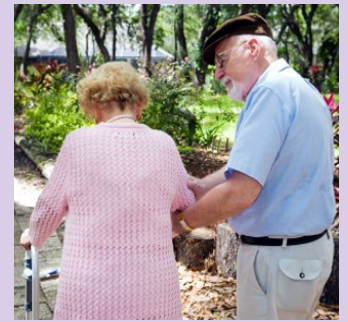
**March 12th**  
***Medication Management***

Learn tips from a licensed pharmacist to better manage your loved one's medications. Medication checks will be available by the pharmacist before and after the program.

**April 9th**  
***Body Mechanics and Transfers***

Learn proper body mechanics from a licensed professional to move, transfer and assist your loved one.

(This session will be held at the Thomas Nelson Historic Triangle Campus, 4601 Opportunity Way off Centerville Road)



***Time: 11:30—1:00***

***Where: Thomas Nelson Workforce Center, 4135 Ironbound Road, at the corner of Monticello Avenue and Ironbound Road on the 2nd floor of the Prudential Towne Realty Building (unless otherwise noted)***

***This series is offered at no charge and includes a box lunch.***

**Registration required and seating is limited. Please call or email Joyce Ugweje to register.  
258-6591 or ugwejej@tncc.edu**

**★If you need care for your loved one in order to attend this event, please inquire upon registration. ★**

***This series offered through a collaborative partnership between:***

