



## **The Support You**

Looking for some support and ideas for caring for your loved one?

Caregiver Connection offers the support, information and listening that you need!

Caring for a loved one does not need to be overwhelming and exhausting.

Join us to find understanding and resources.



**Alex Truance**

**Community Wellness**

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# **Caregiver Connection 2021 Schedule**



| <b>Date/Time</b>          | <b>Topic</b>                                       | <b>Speaker</b>                                      |
|---------------------------|--|---|
| April 8<br>12:00 Noon     | Communication/Relationships                        | Rosie Ingebritson, LMSW<br>Cancer Support Community |
| May 13<br>12:00 Noon      | General Grief Support                              | Susan Gentle<br>Heartland Hospice                   |
| June 10<br>12:00 Noon     | Lifestyle Recommendations for<br>Cancer Prevention | Cheryl Canfield, DO                                 |
| July 8<br>12:00 Noon      | Organizing Medical<br>Information                  | Marie Maust, RN                                     |
| August 12<br>12:00 Noon   | Ice Cream Social                                   | Group   |
| September 9<br>12:00 Noon | The Long Game: Self-care for<br>Caregivers         | Chris Rabanera<br>Behavioral Health Specialist      |
| October 14<br>12:00 Noon  | Diabetes Prevention and<br>Maintenance             | Ethan Braun, RD                                     |
| November 11**<br>9:00 am  | A Day for Caregivers                               | TBD   |
| December 9<br>12:00 Noon  | Holiday Party                                      | Group   |

## **Please Join Us!**

Meetings are held on the second Thursday of each month at the Pigeon Event Center  
311 S. Main St.  
Pigeon, MI 48755  
- Lunch provided -



\* The August 12 meeting will be held outside the Pigeon Event Center

\*\*The November 11 meeting will be a special event running from 9:00 am - 2:00 pm

All events are tentative due to Covid restrictions. Please call Jaylee to confirm the meeting will be held.

