

Are you caring for an elderly  
or disabled family member or neighbor?  
Is the stress taking its toll?  
Do you need a break?



## HELP IS ON THE WAY

Join **Senator Diane J. Savino** and  
the **Visiting Nurse Service of New York** for a free seminar  
**A LIGHT MEAL WILL BE SERVED**

### Preventing Caregiver Burnout:

*Tips and Techniques for Caring for Loved Ones and Reducing Stress*

**Thursday, January 27th**

6:00 pm - 7:00 pm

**Forever Young Senior Center**

330 Saint Marks Place, Staten Island, NY 10301

*Quick walk from the St. George Terminal*

**Need Transportation?**

Call 212-561-7424 for a ride

**FREE PARKING AT THE CENTER**



**Senator Diane J. Savino** invites you to participate in a free Caregiver Support Workshop presented by experts from the **Visiting Nurse Service of New York**. Learn about proper caregiving techniques and resources, and find out how caregivers can reduce stress and strain when caring for loved ones at home.

Please RSVP to Kara Hughett at **Kara.Hughett@morris-king.com** or **1-212-561-7424**.

If you cannot attend, you can get free monthly caregiver advice by visiting **[www.vnsny.org/caringdelivered](http://www.vnsny.org/caringdelivered)**.

