

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 **Congresswoman Carolyn Maloney, Senator Michael Gianaris**
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, July 21st

12:00 pm – 1:00 pm

LaGuardia Community College

Little Theater

31-10 Thomson Avenue, Long Island City, NY 11101

Photo ID required for entry

Need Transportation?

Call 212-561-7424 for a ride



Congresswoman Carolyn Maloney and **Senator Michael Gianaris** invite 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.

