

“Caregiving Through the Holidays”



KEEP CALM AND ENJOY THE HOLIDAYS

Please join Care Coordinator, Mary Beth Leitzmann, from Vincent, Romeo & Rodriguez for an informative and fun-filled look at providing care through the holidays. We will cover techniques for successful communication, general coping skills, accepting help and taking care of yourself during the holidays. For an added bonus, we'll discuss some gift giving ideas. The holidays are a perfect time to have an adult child give the gift of extra care. Join in the warmth and comradery.

“We’re here to help!”