



## ***Lunch and Learn***

For

**Caregivers of Older Family Members and Friends  
And  
Grandparents and Other Relatives Raising Children**

**12:00 -1:00**

**Tuesday, July 31, 2018**

**Effective Communication**

Michelle Ramlow, Manager Education & Outreach

**Tuesday, August 28, 2018**

Megan Jizmagian, Ombudsman Program I Care

**Tuesday, September 25, 2018**

**Caregivers Need a Break too! Learn what respite is and how to access this service**

Rod Lane, Visiting Angels

The Area Agency on Aging for Lincolnland is offering a series of monthly informational programs for family caregivers of older adults and for relatives raising children. While there is no charge to attend, voluntarily contributions are accepted. All donations received are used to provide additional services for caregivers.

The one hour session will be held from noon to 1:00 p.m. Lunch is provided, and pre-registration is required.

**113 West Antle Petersburg, IL 62675 Community Room (Hillside Terrace)**

To register or learn more about the Lunch and Learn series, contact the Area Agency on Aging for Lincolnland at 217-787-9234  
**Funded by the Older Americans Act and Illinois General Revenue Funds through the Illinois Department on Aging**