



Family Caregiver Workshops

Do you assist a friend or family member with medication, exercise, meals?
Do you spend time helping another person with bathing, dressing, etc.?
Do you anticipate becoming a caregiver in the future?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, THIS WORKSHOP IS FOR YOU!!!

The workshop is presented in a caring, supportive environment, with others who are experiencing the joys and challenges of care giving. Come learn about resources and strategies for taking care of yourself. The workshop meets weekly for three 2-hour sessions.

**KAISER PERMANENTE WESTMINSTER MEDICAL OFFICE
11245 HURON STREET
WESTMINSTER, CO 80234**

**January 13, 20, and 27
2 - 4 PM**

There is no cost to attend the workshop.
It is open to Kaiser Permanente members AND non-members.

For information or to register, call the FAMILY CAREGIVER WORKSHOP Information Line at (303) 344-7485