

3rd Annual Statewide Caregiver Conference Set for November 4, 2009

The Brain Injury Association of New Hampshire the Patron Sponsor for the 3rd Annual Caregivers Conference is pleased to announce that the Coalition of Caring Committee will once again be hosting New Hampshire's Caregivers Conference for family/friend caregivers; parents, spouses, relatives, adult children and friends in the community who provide the day to day care for another individual. The conference will be held on Wednesday, November 4, 2009, 8:00 am to 4:00 pm at the Lake Opechee Inn and Spa located in Laconia, New Hampshire. The Keynote Speaker will be Becky Rule, best known for her live presentations of humorous New Hampshire stories.

This conference will provide caregivers with practical skills that can be used in daily caregiving responsibilities and provide current information on supportive services and resources. Workshop topics include Self Care for the Caregiver, Caregiver Depression, Creating Joy in Your Heart, Assistive Technology and Caregivers and Caregiver Estate Planning. Massages, Reiki and blood pressure checks will be provided on site. Flu shots will be offered for a fee. Breakfast and a Plated Thanksgiving Dinner Luncheon will be served. There will be a registration fee of \$25.00. Scholarships are available.

To register or for additional information, please contact
Ellen Edgerly at 603-332-9891 or visit the website at
www.coalitionofcaring.org