



Join us for a

# **VIRTUAL CAREGIVER CONFERENCE**

*for caregivers of those with Alzheimer's disease and other dementias.*

## **TODAY'S THE DAY: TIPS ON SELF-CARE AND FINDING JOY**

*Featuring:*

- A panel discussion with Caregiver Support Initiative Staff
- Key note presentation titled "Today's the Day: Tips on Self-Care and Finding Joy" by caregiver, author and public speaker, Frank Pastizzo
- Short Q & A session with Frank following the presentation

**APRIL 14,  
2021**

**1 - 3 PM**

**This FREE virtual event is being held via Zoom.**

To register, please contact the Coordinator for Education and Training Services, Kristen Fleming at (518) 564-2049.

This program is supported by a grant from the NYS Dept. of Health