

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

## Summer 2010 Caregiver Workshop



# Survivor Course for the Sandwich Generation

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Whether you are currently playing the part of superwoman or superman, or new to the role, this workshop is for you. The combined responsibilities of child rearing, elder caring, working and, oh yes, maintaining a marriage can be overwhelming.

In this workshop you will learn how to effectively prioritize your life, establish boundaries, and secure help from family and others.

**Annapolis Senior Center**, 119 South Villa Ave. Annapolis  
Tuesday, August 17th, 6:00-8:00 pm

*Sponsored by: Somerford Place Annapolis*

**Pascal Senior Center**, 125 Dorsey Rd. Glen Burnie  
Tuesday, July 20th, 6:30-8:30 pm

*Sponsored by: HeartHomes Assisted Living & Alzheimer's Care*

To register for this workshop call: 410-222-4464 ext. 3043

or

Register on-line at:

[www.aacounty.org/Aging/needinCare/compCaregiver.cfm](http://www.aacounty.org/Aging/needinCare/compCaregiver.cfm)