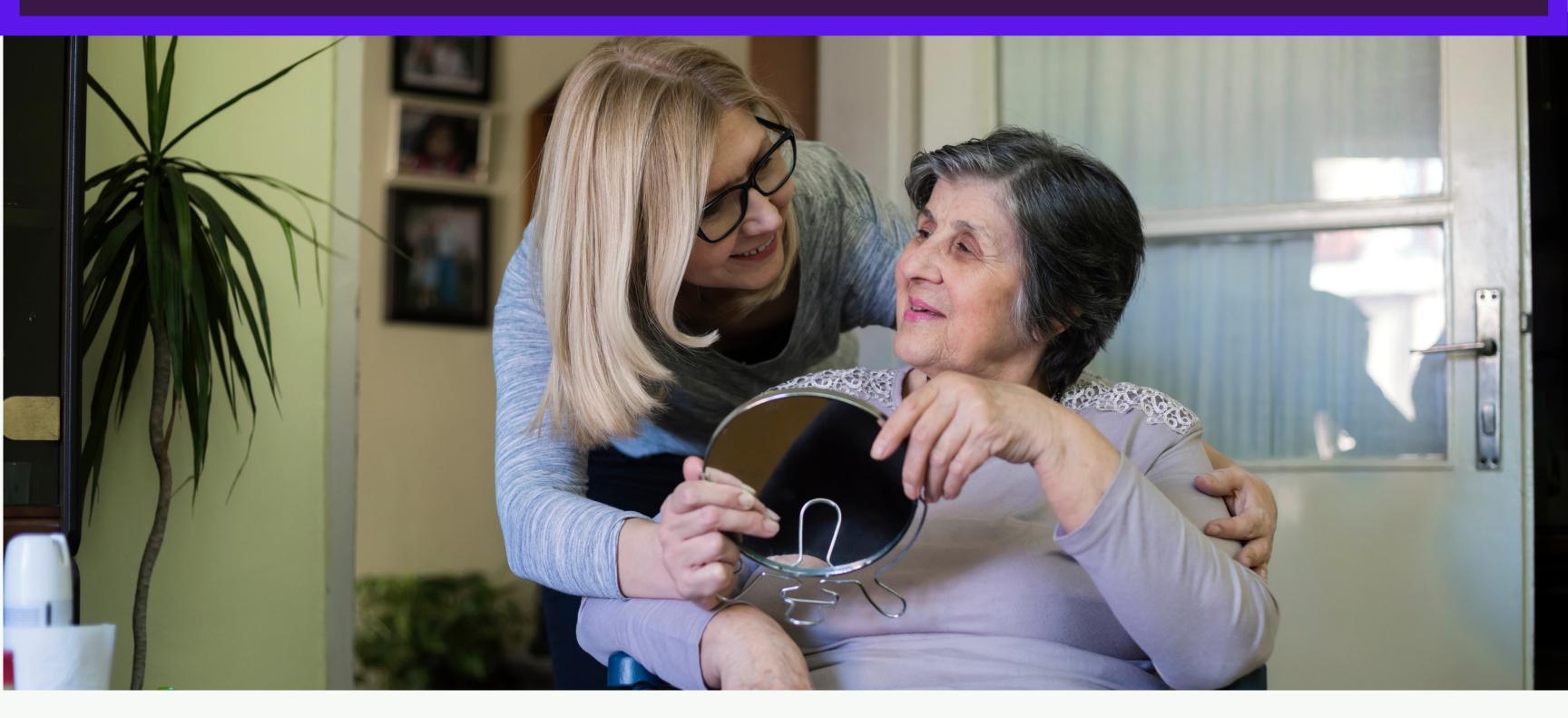
Presented by the Age Friendly London Network



Caregiver Strategies Program



Free online program for family or friends providing care to a senior

- Learn about living with frailty and develop practical strategies to support you in your caregiving role.
- Participate in online group support sessions and connect with other caregivers

Six week program starting July 8. Group support sessions are Thursdays at 7 pm. <u>Register Online</u>

Call 519-661-2489, ext. 7208 for more information





