

CAREGIVER APPRECIATION *Event*



OCTOBER 30 10-1:00

Join The Knox Station Break and the Area Agency on Aging for a day of prizes, free lunch, giveaways, fun, crafts, and a **special announcement**.



Who is a caregiver? Some one who cares for a friend, family member, neighbor, etc. with physical & emotional support, daily tasks, personal care, managing medications, transportation, chores, companionship.

WHO: Caregivers of any age (current or those who have recently been caregivers) Grandparents raising grandchildren welcome too!

WHAT: "Self Care as a Caregiver" Presentation, **FREE** lunch, activities, entertainment, crafts, resources, special announcement, and giveaways

DATE: October 30

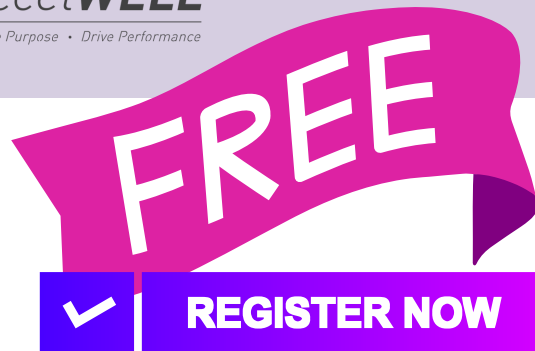
TIME: 10:00 - 1:00

WHERE: The Knox Station Break - 160 Howard St, Mt Vernon, OH 43050

Entertainment and activities provided by



Presentation by



The Station Break

Senior Citizens Center of Knox County

740-397-3841

Option: Meredith