



I  **Caregivers** SM

Are You Caring for an Older Adult or Loved One?

Over one million Virginians are caring for older parents or loved ones, helping them to live independently at home. It's a labor of love, to be sure. And a huge responsibility.

AARP wants to help make this big responsibility a little easier. That's why we have teamed up with the Arlington View and Nauck Community Area Churches to present a special "Caregiver's Breakfast" just to help family caregivers take a little time for themselves to relax and fellowship!

Saturday, February 25, 2017 | 8:30 a.m. - 10:00 a.m.

Drew Community Center | 3500 23rd Street South | Arlington, Virginia 22206

The event is free. Registration is kindly requested in order to prepare refreshments accordingly.

To confirm your attendance, please call **1-877-926-8300** or register online at
aarp.cvent.com/SouthArlingtonCaregiversBreakfast22517VA

 Real Possibilities in

Virginia