



I CaregiversSM

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