



A HOWARD COUNTY OFFICE ON
AGING AND INDEPENDENCE INITIATIVE

THE CAREGIVING JOURNEY

THE CAREGIVER SUPPORT PROGRAM EDUCATIONAL SERIES

OPTIMAL HEALING THROUGH EDUCATION AND SELF-MANAGEMENT



Featuring **Jennifer Ayana Harrison**, author of “What It Means to Be Well-Mind, Body and Spirit: Awakening Conversations with Self” and CD, “Affirmations and Meditations”

Tuesday, November 14, 2017

6:30 - 8:30 PM

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042



To achieve optimal healing, a holistic approach must be implemented, taking into consideration where an individual is mentally, physically, emotionally, and spiritually.
— Ayana

Registration Deadline: Thursday, November 9

THERE IS NO CHARGE TO ATTEND THIS VALUABLE SESSION

— Light Refreshments Will Be Served —

To register, contact **Earnestine Thomas**
410-313-5969 (VOICE/RELAY)



If you need this document in an alternative format or need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-1234 or map@howardcountymd.gov

