

CAREGIVERS ARE Super Heroes!

2024 CAREGIVER CONFERENCE

PRESENTED IN PARTNERSHIP WITH

Maryland Commission on Caregiving AND AARP® Maryland

**Howard County**
Office on Aging and Independence

**CAREGIVER
SUPPORT PROGRAM**

- ▶▶ 9:30 a.m. Registration Opens
- ▶▶ 10:00 a.m. Welcome and Opening Remarks
- ▶▶ 10:15 a.m. Kim Burton presents keynote on Resilience
- ▶▶ 11:15 a.m. – noon Choose one from three breakout sessions:
 - 1) How Super Heroes Can Battle Caregiver Stress
 - 2) Mastering Chronic Conditions
 - 3) Lifestyles Strategies for Pain Management
- ▶▶ Noon – 1:30 p.m. Buffet Lunch (enjoy lunch, caregiver conversations, spa services, and visit with community partners)
- ▶▶ 1:30 – 3:00 p.m. Loretta Veney presents Lego® Serious Play Joy, Resilience and Superpowers

November 16
East Columbia 50+ Center

6610 Cradlerock Way
Columbia 21045

FOR MORE INFORMATION

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY)

kwehr@howardcountymd.gov



Only \$15/person
Register using the link below,
or scan the QR code —
<https://bit.ly/HoCoCaregiver2024>



If you need this information in an alternate format, or need accommodations to participate, contact MAP at 410-313-1234 (voice/relay).