

- . Connect with other family and friend caregivers
- . Gain insights and inspiration to deal with caregiver demands
- Relax and recharge with a complimentary lunch!



With musical performance by Jully Black!

Keynote by Dr. Brian Goldman host of CBC Radio 1's White Coat, Black Art



Tuesday, April 4 Date:

10:00AM **Doors open:** 

10:30AM - 1:15PM **Event:** 

Lunch: 1:15-2:00PM

Place: **Toronto City Hall** 

Council Chambers

100 Queen St. West Toronto, Ontario M5H 2N2

## For more information and to RSVP visit

## bit.ly/TOCaregiverDay







Supported by: AGE-WELL NCE Inc., Alzheimer Society of Toronto, Baycrest Health Sciences, BeACoN Network, Bridgepoint, Canadian Mental Health Association Ontario, Caregiver Voice, CARP, International Federation on Aging, National Institute of Care of the Elderly (NICE), North York Community House, Ontario Society of Senior Citizens, Sinai Health System, The Change Foundation, Toronto Public Library, University Health Network, Women's College Hospital and Woodgreen Community

Services.