



## Vincentian Proudly Presents:



### Care for the Caregiver: A Kaleidoscope of Wellness, Support, and Self Care

In honor of National Family Caregivers Month, Vincentian presents a full day of flexible programming, with workshop offerings in both the morning and afternoon. Allow us to help you address a kaleidoscope of caregiver needs viewed through a wellness lens.

When caring for a spouse, older family member, child, friend, or all of the above, self-care can easily become the last priority. Join us for a variety of workshops and engage with wellness-focused community resources.

**Tickets are \$10. Catered lunch by the Unconventional Kitchen is included.**

**Register Today!**

[bit.ly/Cffc](https://bit.ly/Cffc)



**Featuring  
Keynote Speaker  
Jennifer Antkowiak**

**Additional workshops and presentations by Age Friendly Pittsburgh, Anchor Point Counselling, and more!**



**WEDNESDAY,  
MARCH 20, 2024  
9 a.m. – 3 p.m.**

**Vincentian Learning and  
Engagement Institute  
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Pittsburgh, PA 15237**

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