



From *Family Awareness Network* & the *North Shore Senior Center*

*Just as we are getting our kids launched into independence
and pondering some free time for ourselves, many of us get a big surprise
– our parents need our help!*



Aging Parents 101 Help for the Sandwich Generation

This workshop will help you save time and energy as you lovingly give your parents the support they need. Topics covered in this valuable workshop will include:

- *The signs that a parent needs more assistance and care*
- *When and how to intervene*
- *Local and national resources available to your parents and you*
- *Caregiver survival tips - how to take care of yourself as you care for others*
- *Information on legal, financial, and medical issues*

Led by:

Kimberly Hand, MS, CMC & Katherine Honeywell, LCSW
North Shore Senior Center staff members

Wednesday, February 1, 2006

9:30am - 12:30pm (join us for coffee at 9 am)

Winnetka Park District Community Room, 540 Hibbard Road, Winnetka

Fee: \$20 (includes refreshments and materials)

To register: Call Mary Herzberg at 847-446-7384

For more information and directions, please visit FAN's website www.fan-ntts.org