

2023 "SENIOR LIVING IN ALEXANDRIA" WORKSHOP

**CAREGIVER WORKSHOP: STRATEGIES & RESOURCES
FOR CAREGIVERS OF AN OLDER ADULT
WEDNESDAY, JANUARY 11, 10AM**

Learn All About

- **Developing strategies & resources for caring for an older adult.**
- **Learning what services are available in Alexandria and beyond.**
- **Learning how to take care of yourself if you are a caregiver.**

Join Us

**Westminster Presbyterian
Church
2701 Cameron Mills Road
Alexandria, VA**

**Please RSVP online at
seniorservicesalex.org or call
(703) 836 4414 ext. 110**

Guest Speaker Organizations:

- **Lindsey Vajpeyi,
Insight Memory Care Center**
- **Mitch Opalski,
SYNERGY HomeCare**
- **Amber Sultane, AARP Virginia**
- **Laurie Blackburn,
Caudron Megary Blackburn
Wealth Management Group**

