

# FREE LUNCH & LEARN FOR CAREGIVERS

*For unpaid family caregivers who are caring for a relative or friend*



*Speaker: Holli Ward, MS, CCM, CSA  
Founder, Age With Grace*

## ***Caring Over Time: Navigating Care As Your Loved One's Needs Change***

Learn how to understand and navigate the various levels of care, from caring for your loved one at home to making the transition to assisted living or long-term care.

Holli will explain the terminology and provide information about payment sources.

Local organizations that serve caregivers will be on hand to share information.

Complimentary lunch provided by Blue Cross/Blue Shield of NC

**November 16, 2023 10:30 am-1:00 pm**

Trinity Presbyterian Church

1416 Bolton Street, Winston-Salem, NC 27103

Registration required by Nov. 10. 336-748-0217 or [charris@shepherdscenter.org](mailto:charris@shepherdscenter.org)

*In recognition of family caregivers and National Family Caregivers Month*



**PRESENTED BY THE IT'S ALL ABOUT YOU CAREGIVER PROGRAM OF THE SHEPHERD'S CENTER OF GREATER WINSTON SALEM**

1700 Ebert Street, Winston-Salem, NC 27103

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