



# Caregivers' Day Out

May 10, 2018  
10 a.m. to 2 p.m.

Family Life Center at  
Beulah Baptist Church  
3100 25th Street  
Tuscaloosa, AL 35401

• Speakers • Networking • Door Prizes • Lunch

FREE Event for Unpaid Family Caregivers

**RSVP REQUIRED BY MAY 3, 2018**

Contact Nikki Poe at 205-333-2990 ext. 203 or [nikki.poe@westal.org](mailto:nikki.poe@westal.org)

The Area Agency on Aging of West Alabama is committed to promoting independence, dignity and quality of life for seniors, people of all ages with disabilities, and their caregivers.

For more information about how the Agency can help you, please contact us: 4200 Hwy. 69 N, Northport, AL 35473

205-333-2990 • 1-800-AGELINE • [www.westalabamaaging.org](http://www.westalabamaaging.org)

The Area Agency on Aging of West Alabama is a division of the West Alabama Regional Commission.