

## Share the Care: An Information Day for Family Caregivers

Are you a family member or friend helping to take care of someone else? Then this event is for you!

Caregivers are the backbone of our health care system, providing close to 70% of patient care in the home and community. Join us for a **FREE** day of information and connection where you can learn more about:

- How Pharmacists can support you in your caregiving role
- Local services and supports for caregivers
- Caregiver Stress and Burnout Workshop

Hear from and connect with other caregivers, get helpful information and resources about community supports, snacks and lunch are provided.

**Date:** Saturday, October 22, 2022

**Time:** 10:00am – 3:30pm

**Where:** Victoria Road Recreation Centre  
151 Victoria Street North, Guelph



**SCAN  
HERE TO  
REGISTER!**



To register use event number 31044

- Online: Scan the QR code above or register through the City of Guelph website
  - Call: 519-837-5699
  - In person: at one of our recreation facilities
- Space is limited sign up today!

Funding provided by: