

How to be a **HEALTHY** Caregiver

 **FAMILY
PATHWAYS**
Every voice.
Every possibility.
Every day.

Aging workshop
presented by:

Collette Colucci,
Caregiver Consultant



Topics Covered

- Understand the complexities of caring for an older adult
- Understand the impact of providing and receiving care
- Identify strategies to help create balance in your life
- Learn about community resources available to you and your family

Date: August 12th, 2025

2:00pm-3:30pm

Location: Lindstrom Senior Living

30455 Lehigh Ave
Lindstrom, MN 55045

Free Refreshments &
Door Prizes!

RSVP to Greta Dupslaff 651-213-3688
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