

Balancing Act for Working Caregivers

Brown bag luncheon series presented by the Benjamin Rose Institute

The Benjamin Rose Institute is teaming up with the Cleveland Public Library to offer a series of programs for working caregivers. If you're caring for an older adult, bring your lunch and join us for these informational sessions specifically designed to fit the schedule of caregivers in the downtown area. Programs will be held at noon in Room 218 in the Stokes Wing of the Cleveland Public Library, Main Branch, 325 Superior Avenue. Programs are free and open to the public, though reservations are requested. Call 216.791.8000 or register online at www.benrose.org.

January 27, 2010 / noon

Caring for Yourself While Caring for Another

Presented by Carol Whitlatch, PhD, Assistant Director of Research and Senior Research Scientist, Margaret Blenkner Research Institute of Benjamin Rose

Wednesday, March 24, 2010 / noon

Signs & Symptoms of Depression in Older Adults

Presented by Keith Brown, PhD, Assistant Director of Mental Health, Eldercare Services Institute of Benjamin Rose

Wednesday, May 12, 2010 / noon

Navigating Eldercare Services

Presented by Autumn Richmond, LSW, Community Liaison, Eldercare Services Institute of Benjamin Rose



For more information, call 216.791.8000
Make your reservations online at www.benrose.org