

Toshha

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Things Mother Never Taught Us About Aging

Purpose: Increase Awareness on a variety of topics of interest to seniors, disabled adults, family caregivers and healthcare professionals.

Presentations Offered

- **Coping with Caregiver Stress**—"Warning Signs, Strategies, ,Alternatives"
- **Practical Advice on Aging**—"Old Age Isn't For Whimps Y'all"
- **Ageism**—"Stereotyping and What/Who Needs to Change"
- **Work/Family Balancing Act**—"The Sandwich Generation - Stress, Challenges, Options"

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Presentation and Refreshments*
for Your Next Group Meeting

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