



Caring For Yourself While Caring for a Loved One

**SAVE THE
DATE!**

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APRIL 29, 2017



Caring for elderly loved ones can be a full-time job. For many, it is. Caregivers need support and information. Join Gilchrist Services and our partners at this **FREE** event, as we provide information about self-care and free resources for caregivers in Baltimore City. **All are welcome.**

Saturday, April 29, 2017

9:30 am to 2:30 pm

Leonard Hicks Community Center

2718 W North Avenue

Baltimore, MD 21216

Lunch will be provided

**Speakers!
Resources!
Support!**

For further information,
contact Lisa Harvin at
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