



JOIN US! AARP NEW JERSEY FAMILY CAREGIVER EXPOS

AARP New Jersey is hosting three Family Caregiver Expos in November in honor of National Family Caregivers month.

Each expo will feature a dynamic line up of speakers, the opportunity to connect with local resources and a chance to practice a little caregiver self-care with a healthy activity like tai chi or Zumba. If you're a caregiver now or you might be one in the future, you won't want to miss this!

Get to know other caregivers in your community, meet with representatives from local service organizations, hear from caregiving experts and have a little fun! This event is free and lunch will be provided.

Saturday, November 9, 2019 | 10 a.m. – 2 p.m.

Howard Stainton Senior Center | 1735 Simpson Ave., Ocean City

Register: aarp.cvent.com/CaregivingSouth

Friday, November 15 | 10 a.m. – 2 p.m.

The Boulevard | 3167 John F. Kennedy Boulevard, North Bergen

Register: aarp.cvent.com/CaregivingNorth

Saturday, November 16 | 10 a.m. – 2 p.m.

FairBridge Hotel | 195 Davidson Avenue, Somerset

Register: aarp.cvent.com/CaregivingCentral

Space is limited and registration is required.

Register online or by calling **877-926-8300**.

For information and resources, visit aarp.org/njcaregiving

AARP
Family Caregiving™