



In conjunction with the Spirit of Women programs

Pocono Medical Center is proud to present

Caregiver's Resources Luncheon Presentation

by: Shari VanderGast, JD, LCSW, Director of Case & Risk Management at PMC

FREE ADMISSION

Grace Park Senior Living

Friday, March 26, 2010

12:00 – 1:00 pm

1170 West Main Street
Stroudsburg, PA 18360

Seating is limited / Light lunch will be provided.

RSVP by Monday, March 22, 2010 at 570.476.3697

Join us for an informative presentation focused on how caregivers can best manage taking care of others as well as themselves. Topics will include stress management techniques for caregivers and exploring the various roles of a caregiver. Useful tips, resources, and take-aways will also be provided for all attendees.



The New Face of Healthcare