

2023 Caregiver Support Conference

Mindfulness for Caregivers

Saturday, November 4, 2023
9:00 am - 2:00 pm
Westminster Senior & Community Center
125 Stoner Ave, Westminster, MD

Join Us For A Day...

- ◇ Learning the power of healing through improv
- ◇ Explore Sound Healing
- ◇ Quality End of Life Care
- ◇ Mindfulness & Self-Care



Be Kind to Your Mind

FREE Registration | Light Breakfast & Lunch Provided

Register online at <https://carrollcountymd.jotform.com/230374586625159>
or by emailing Mary Jane Overby at moverby@carrollcountymd.gov

Register by October 30th, 2023

For more information call the Bureau of Aging & Disabilities at 410-386-3800



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.