

Are You Stressed by the Demands of Caring for an Aging Parent?

Join the Wilder Foundation's Education and Support Group for Adult Children Caring for Aging Parents



- ✓ Learn about caring for older adults
- ✓ Get your questions answered by a licensed social worker
- ✓ Find resources and assistance to make your life more manageable
- ✓ Share experiences with other caregivers
- ✓ Keep your loved ones safe and healthy

Date: **Third Wednesday of Every Month**

Time: **6:00 – 7:30 p.m.**

FREE!

Place: **Wilder Center**
451 Lexington Parkway North, St. Paul, MN 55104
(near the corner of Lexington and University)

Other: No RSVP necessary

**For more information, contact Lisa Brown at
651-280-2517 or lisa.brown@wilder.org**



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