

# Striking a BALANCE

Free for Family  
Caregivers!

## 18th Annual Caregiver Conference

Come discover local caregiver resources, learn new skills,  
and connect with other caregivers & local experts on aging!

**Saturday, August 24, 2019**

**8:30 a.m to 2:30 p.m**

**Doubletree by Hilton Hotel Austin**

**(6505 N. Interstate Highway 35, Austin, TX 78752)**

Doors open at 8:30 a.m. | Lunch will be provided.

**Sign up today!** Space is limited, and registration is required.

**Register online: [www.TinyURL.com/SABCC2019](http://www.TinyURL.com/SABCC2019)**

For assistance in registering, call **(512) 916-6182**

Free off-site respite care for older adults will be available **by reservation only** at AGE's Austin Adult Day Health Center (3710 Cedar St., Austin 78705).

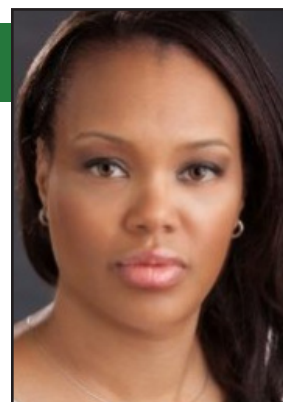
To request respite, call (512) 600-9275 by August 22nd.

Register with your  
Smart Device



## Keynote Speaker: Dr. Eboni Green

Dr. Green is the President and CEO of Caregiver Support Services, which specializes in supporting family and professional caregivers across the lifespan through direct supportive services. She is the author of three books – *At the Heart of the Matter*, *Caregiving in the New Millennium*, and *Reflections from the Soul* – and currently writes a monthly article that focuses on self-care among caregivers. Green has extensive experience focused on caregivers' health and wellness, with an emphasis on caregiver stress, burnout and related family conflicts.



**AGE of  
Central Texas**

"Tackling the challenges of  
aging with expert solutions"

[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)

*AGE of Central Texas and  
the Area Agency on Aging  
of the Capital Area (AAACAP)  
are proud partners in presenting  
this free annual conference  
for family caregivers.*

**Area Agency  
on Aging**  
of the Capital Area  
[www.AAacap.org](http://www.AAacap.org)  
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