



2375 Gordon Road  
Alpena, MI 49707

989-358-4600  
[nemcsa.org](http://nemcsa.org)

**Press Release:**  
Caregiver Webinar Series 2023-2024

**For Immediate Release**  
**For more information contact:**  
Brooke Mainville, Special Projects Coordinator  
Region 9 Area Agency on Aging  
Phone: (989) 358-4616  
[mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org)

**Caregiver Webinar Series**

Region 9 Area Agency on Aging (AAA) is hosting a free Caregiver Webinar Series via Zoom on the second Friday of each month from 1:00 pm - 2:00 pm starting in September 2023 and going through February 2024. The AAA's priority is to provide support to local family caregivers that are unable to leave the home due caregiving restraints by providing virtual options. All caregivers are welcome to attend this free, informative, and interactive virtual conference.

Topics include:

- September 8, 2023: Medicare Health Care Benefit: Hospice Vs. Palliative: When do you Qualify
- October 13, 2023: Preparing to Care: Caregiving 101
- November 10, 2023: Building Resilience to Avoid Burnout
- December 8, 2023: Technology Tools for Caregiving
- January 12, 2024: The Neuroscience of Art and One Little World
- February 9, 2024: Importance of Planning Ahead for Legal Matters

For more information or to register contact [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org) or call 989.358.4616.

Region 9 Area Agency on Aging is a division of division of Northeast Michigan Community Service Agency (NEMCSA), a Community Action Agency improving the quality of life for people facing crisis while strengthening families, communities, seniors, and children since 1968. To find out more information regarding NEMCSA's programs and services, please visit [www.nemcsa.org](http://www.nemcsa.org).