



## Register Now for the Next Caregiver Coalition Workshop!

*Prepare to Care: A Guide for Both New and  
Experienced Caregivers*

**Register today for this free, virtual event!**

**Tuesday, December 10th**  
Event time: 10:30 a.m. to Noon  
Location: Virtual on Zoom  
*Registration is required*

**[Click here to register!](#)**

This 90-minute workshop will discuss the ins and outs of family caregiving, some "best practices," and an overview

of caregiver resources and support available to you.

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## Our Presenters and Topics:

### *Prepare to Care, an AARP Presentation*

**Cheryl Jefferson**  
AARP Volunteer

### *Resources Available to Caregivers in Northeast Florida*

**Daisha Myers**  
ElderSource Care Connector

**Stefania Umana**  
ElderSource Care Connector

There will be time at the end of the presentation for questions and answers. Join us to learn more about tips for family caregivers.

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The Caregiver Coalition of Northeast Florida is supported by ElderSource, and operates in partnership with local organizations to provide support and education to caregivers of Northeast Florida. Partners include: ElderSource; Alzheimer's Association Central & North Florida Chapter; Baptist Health AgeWell Center for Senior Health; AARP; Community Hospice and Palliative Care; Aging True; City of Jacksonville, Senior Services Division; Brooks Rehabilitation; YMCA of Florida's First Coast; St. Johns Council on Aging; Jewish Family and Community Services; Mayo Clinic Florida; Berg Bryant Elder Law Group PLLC.. Contributions for Coalition activities are received by ElderSource, a 501(c)(3) nonprofit organization, and are tax-deductible by law.



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For more information:  
Contact Emily Harris  
(904) 391-6603  
[Emily.Harris@MyElderSource.org](mailto:Emily.Harris@MyElderSource.org)

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