

Free Winnebago County “Caring for the Caregiver” Conference to be held in Oshkosh on Monday, April 1

Are you currently a caregiver? If so, then plan on attending a free “Caring for the Caregiver” conference, to be held on Monday, April 1, 2019. This day of rejuvenation is being sponsored by the Aging and Disability Resource Center, (ADRC) of Winnebago County along with the Long Term Support Division of the Winnebago County Department of Human Services. The Conference is open to people of all ages and you do not have to be a resident of Winnebago County to attend. This conference is being held from 8:30 am to 3:00 pm, at the Best Western Convention Center, located at 2 North Main St. Oshkosh. There is free parking in the lot next to the Center. At this conference, you will be provided with area resources, information, and a full day of support to those of you who are caregiving for anyone of any age.

There will be door prizes, free food and vendor booths with lots of great information available on local resources. The morning sessions are geared towards caregivers of children and the afternoon sessions are more for caregivers of adults.

The program for the conference is as follows:

9:00 – 10:45 am – A presentation for those caregiving for children given by The Three Waves Health Coach and Wellness Center. Also there will be a presentation by The Parent Connection on caregiving for children.

11:30 – 12 Noon – The Keynote Speaker on Caregiving – Vivian Hazell

12 Noon – 1:00 pm – Lunch and a presentation by Motivational Speaker - Gary Beyer

1:00 pm – 3:00 pm – A presentation on Caregiving for adults with dementia given by the Alzheimer’s Association. Then there will be a session to practice beginning Tai Chi. There will also be a session to hear about all of the Evidence Based Prevention Classes currently being offered within Winnebago County.

Again, this is a totally free conference, but you must register in advance by March 18. Free respite care for your loved one is also available upon prior request. To register, please call the ADRC of Winnebago County toll free at 877-886-2372 or email us at adrc@co.winnebago.wi.us