



# One Senior Place Caring for the Caregiver

Friday, February 8, 2013 10am to 2pm

## Meet Local Elder Care Experts and Resource Providers

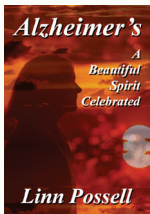
Information • Tips & Strategies • Refreshments

Door Prizes • Relaxation • Pampering

**Special Door Prize Raffle Ticket for the First 50 Attendees!**  
(Must be present to win)



## Guest Speakers:



### 10:45am Alzheimer's – A Beautiful Spirit Celebrated

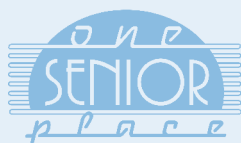
Linn Possell, Author of “Alzheimer’s – A Beautiful Spirit Celebrated” will share her personal experience of exploring the meaning of love, presence and peace amidst the challenges of her mother’s dementia.

### 12:30pm Caregivers as Superman and other Caregiving Myths

When caregiver stress and burnout put your own health at risk, that affects your ability to provide care. Even Superman knows he can't do it alone! Join Nancy Squillacioti, Director of the Alzheimer's and Dementia Resource Center as she shares her own experiences on the myths about caregiving.

**FREE Massage • Beauty Makeovers • Pampering**

## Thank You to Our Sponsors:



**Call today for more information!**  
715 Douglas Avenue, Altamonte Springs, FL 32714  
407.949.6733 • [OneSeniorPlace.com](http://OneSeniorPlace.com)

*Revolutionizing the way America shops for elder care and services.*



# One Senior Place...

Square One for Seniors across Central Florida

## What is One Senior Place?



**One Senior Place** is a comprehensive one-stop resource with access to information, advice, care and services for seniors. Not only are a variety of businesses available in one location, but educational seminars and fun events are conducted, and our Senior Resource Library is available to help you find what you are looking for.

We invite seniors and interested family members to take advantage of free consultation process that helps connect you to the right service or product for your individual needs. Call today and schedule your free consultation!

Our Altamonte location serves Greater Orlando at 715 Douglas Avenue, Altamonte Springs and can be reached by phone at **407.949.6733**.

**FREE**  
Caring for  
the Caregiver  
Event!  
See other side  
for details.



**Call today for more information!**

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