



Voices of The Family Caregiver

Monday, November 14, 2016

Peconic Bay Medical Center
1300 Roanoke Avenue, Riverhead, NY

November is National Caregiver Month and Peconic Bay Medical Center wants to show our appreciation for all the caregivers in our community. Join us for a complimentary interactive workshop and community expo for the Family Caregiver with breakout sessions beginning at 10am including:

Concurrent sessions running from 10am-11:30am

- Chair Yoga 10am, 10:30am, 11am
- Compassion Fatigue Session 10am, 10:30am, 11am
- Long Term Planning 10am, 10:30am, 11am

Lunch will be served beginning at 11:30am.

Peconic Bay Medical Center is offering complimentary services to care for your loved one during this event. Please call Family First Home Companions at 631-319-3961 to reserve a spot for your loved one today.

▼ **To register, please call 631-548-6827**