



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PEACE OF MIND FOR YOU AND YOUR FAMILY

DEBUNKING THE MYTHS OF CAREGIVING

Tuesday, September 25, at 11:15 am

YMCA X-Zone – FREE and open to the community

Home care and healthy living do go hand in hand. While the popularity of in-home care continues to grow, many people aren't exactly sure what home care entails or how to secure in-home services.

How much do *YOU* know about in-home care?

Come and learn what you need to know from Julie Portugal-Gange, LCSW, from Home Instead Senior Care as she explores debunking the most common home care myths and misconceptions to ensure that you're getting the most that home care has to offer.

Debunking 15 Homecare Myths and Misconceptions

Home Care: it's important, lifechanging, and very misunderstood.

Important Items:

- Overview of home care
- Discuss the benefits – debunk the myths
- Following the wishes of your loved one



A part of the NSYMCA
ADULT EDUCATION SERIES

For more information contact:
Karen Brownlee
kbrownlee@nsymca.org
847-275-0079

**Home
Instead**
SENIOR CARE®
To us, it's personal.