

Women's Executive Forum

Caring For Our Parents and Ourselves

Wednesday, February 24, 7:30a Registration, 8:00 - 9:00a Program

Courtyard by Marriott Rancho Bernardo, 11611 Bernardo Plaza Court, San Diego, CA 92128



Caring for our parents as they age is a job most shoulder willingly, yet with conflicting emotions. Despite the desire to care for them, it is a complex and emotionally charged road. Unlike previous generations, women today are working outside the home, yet care giving still resides with them. How do we navigate the path and still take care of ourselves and our families?

- Where to begin
- Starting the conversation with your parents and siblings
- Evaluating the Situation
- Resources - What and where to find them (Resources will be available at the presentation)
- Getting Support - How to cope

About the Speaker:

Linnea Goodrich has been in the healthcare field for over 35 years, with the last 16 years in home health care. She is currently the owner of Firststat Nursing Services which is the only Healthcare agency in San Diego that is both State licensed and certified by the Alzheimer's Association. Hundreds of patients and 13 years later, Firststat has helped patients enhance their quality of life by providing care in their homes. Linnea understands this firsthand as she has navigated the path of care giving first for her mother who has Alzheimer's disease and now for her father whose health is beginning to decline.

\$15 SDNCC Members

\$25 Non-Members

\$50 Tabletop Displays

Reservations required by February 22nd. Please fax this completed form to 858.487.8051.
You can also register online at www.sdncc.com or call the San Diego North Chamber at 858.487.1767.

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