

TAKING CHARGE for Today's Caregiver



Join us for **FREE** informational and interactive sessions to help caregivers find balance in their daily lives.

Taking Charge for Today's Caregiver sessions will celebrate caregivers in a lively and upbeat forum. This day of information and advice is intended to generate positive energy to help caregivers realize that you are not alone and what community and governmental services are available for your loved ones.

- Keynote by **Jennifer Antkowiak**, award-winning TV news anchor, reporter and talk show host and author. She knows about caregiving and feels blessed to have been a caregiver for her mother-in-law who died of cancer, and most recently for her father-in-law who died of cancer. Jennifer is author of *Take Care Tips*, which offers 101 easy, affordable ten minute self-care strategies, and her second book, *Caring Questions: Fun and Sensitive Conversation Starters*, that will be released this fall. She is passionate about sharing her experiences and helping other caregivers.
- Learn more about wills, durable healthcare power of attorney, living wills, estate planning and more from a representative of the Bar Association.
- Area Agency on Aging will provide insight on programs and services available.
- Make sure you or a loved one have the best health plan option; learn more about eligibility and special needs plans.



Jennifer Antkowiak



8:30 a.m. – Noon

Saturday, October 10
West Penn Hospital
Burstin Room
(Free parking for attendees)

Saturday, October 31
Canonsburg Hospital
McNary Conference Center

Saturday, November 7
Pittsburgh Mills Mall
Destination Wellness Center

Refreshments and Prizes

Eligible for prizes without obligation

Sponsored by



Registration is FREE but required due to limited seating.

To reserve your space, contact Carol Kelley at Gateway Health Plan® 412-918-8440 or 724-225-4771 ckelley@gatewayhealthplan.com

A sales person will be present with information and applications.

For accommodation of persons with special needs, call 1-877-GATEWAY
TTY/TDD users, call 1-800-654-5988

Gateway Health Plan Medicare Assured® is a Medicare Approved Special Needs Plan

