



I learned how to find help as a caregiver.



Share stories, support, and tips with other caregivers like you.

Are you caring for a loved one at home? These can be challenging times, but you're not alone in your efforts. Connect with other caregivers in your state to learn how a team approach can make things a little easier. Plus, find helpful tips and local resources on how to care for yourself along the way.

**Wednesday, March 5, 2025
6 pm**

**CAREversations:
Finding Answers, Support,
and Local Resources**

**Charlotte Mecklenburg
Library - Pineville Branch
505 Main St #100
Pineville, NC 28134**

Register now by:

855-757-4074

aarp.cvent.com/NCevents
