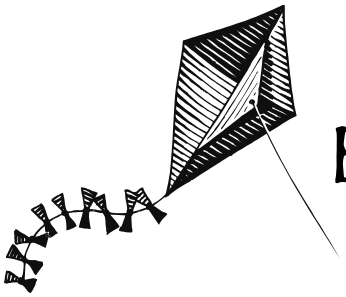

Caring for Aging Parents Education and Support Program 2009

An education and support group for anyone caring for or concerned about an aging parent.

SUPPORT GROUP

Third Monday Each Month
5:00 pm to 6:30 pm

January 26*	**July 20**
February 16	**August 17**
March 16	**September 21**
April 20	**October 19**
May 18	**November 16**
June 15	**December 21**

*January meets 4th Monday
due to Martin Luther King, Jr Holiday

EDUCATION SERIES

Caregivers: Living with A Mix of Feelings
5:00 pm to 6:30 pm

March 30
Role Reversal: Parenting your Parent

June 29
Dealing with Anger & Resentment

October 5
Anticipatory Grief & Loss: Finding Renewal

LOCATION: Mission Hospitals Women's Resource Center
50 Doctor's Drive, Asheville

Doctor's Drive runs between McDowell Avenue (at Little Pigs Barbeque) and Biltmore Avenue (at Asheville Imaging) near the hospital. Turn onto Doctor's Drive from either street and turn in at the "50 Doctor's Drive" sign. The Women's Resource Center building is on the left side of this parking lot under the middle green awning.

NOTE: Weather Cancellation Policy is Same as AB-Tech

Call a CAPES team member for more information:

Kathleen Lang
Council on Aging
of Buncombe Co.
828-277-8288

Kate Zurich
MAHEC
Geriatric Program
828-231-6943

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Women's Resource
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828-213-4542

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Warren Wilson
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828-771-3710

CAPES is a collaboration between Mission Hospitals and the Council on Aging of Buncombe County, Inc.

COA Council On Aging, Inc. Buncombe County

Mission Hospitals