

# Got Stress? Get Help!



Join us at the **FEARLESS CAREGIVER CONFERENCE**

- ▶ **Become a Fearless Caregiver**
- ▶ Access Valuable Resources
- ▶ Get Family Members to Help You
- ▶ Talk to Healthcare Professionals



Keynote Speaker

## **GARY EDWARD BARG**

Author: *The Fearless Caregiver* book  
Editor-In-Chief: *Today's Caregiver* magazine  
and [caregiver.com](http://caregiver.com)

**FEARLESS  
CAREGIVER**  
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**November 3rd, 2009**

## **CRESTON**

Southwestern Community  
College Room 180  
1501 W. Townline St.  
Creston, IA 50801  
9:30 am - 2:30 pm  
Lunch Included

Call Jaleyn Dobbs at

**(641) 782-4040**

to register

or arrange respite care.

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AREA AGENCY ON AGING  
Creston, Iowa