

# 10TH ANNUAL CAREGIVERS CONFERENCE

CARING FOR YOU SO YOU CAN CARE FOR THOSE YOU LOVE

Thursday, November 7, 2024  
9:30am - 1:30pm  
Hotel Indigo East End  
1830 West Main Street (Route 25)  
Riverhead, NY 11901

This event is FREE. To register for the event contact Megan Stettinger at (631) 548-6259 or [pbmccaregiverscenter@northwell.edu](mailto:pbmccaregiverscenter@northwell.edu), scan the QR code below or visit <https://www.pbmchealth.org/2024conference>. For more information about the Caregivers Center, visit [pbmchealth.org/caregivers-center](http://pbmchealth.org/caregivers-center).



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*David & Marja Ames  
and Kihka Torronen*



November is National Family Caregivers Month. This conference was started 10 years ago and continues as a community event to recognize and support the vital role family caregivers play in the care of their loved one.

This in-person event provides family caregivers with access to valuable resources, education, activities to support self-care and is an opportunity to connect you to a community that supports family caregivers.



- Keynote Speaker: (shown left) Dr. Sandeep Jauhar; Cardiologist and best-selling author of *My Father's Brain, Life in the Shadow of Alzheimer's*, named the *New Yorker's Best Book of 2023*.
- Resource Fair
- Q&A Panel
- Respite care available, please call (631) 548-6259 to register in advance