

# CAREGIVER AWARENESS RECEPTION

Please join the Caregiver Coalition of San Diego, the City of San Diego, and the Veterans Health Administration Caregiver Support Program to celebrate family caregivers during National Family Caregiver Awareness Month. Find caregiver resources, enjoy refreshments, and participate in opportunity drawings.

**NOVEMBER 19, 2024 10**

**10:00 AM- 1:00 PM**

WAR MEMORIAL BUILDING  
3325 ZOO DRIVE, SAN DIEGO,  
CA 92101

*Hosted by:*



LIVE WELL  
SAN DIEGO



# CAREGIVER RECEPTION

NOVEMBER 19, 2024

## Program Highlights:

- Sound Bath Presentation
- Wheelchair Dancing
- Nurses & Physical Therapists
- Chair Yoga
- Mindfulness Activities
- Sound Vibration Table & Reiki

## Sponsors:

County of San Diego, Health and Human Services Agency, Aging & Independence Services, IHSS Public Authority, City of San Diego, Caregiver Coalition of San Diego, Veronica Mitchell – Writer, VA Caregiver Support, VA Medical Foster Home Program, Southern Caregiver Resource Center (SCRC), Meals on Wheels, Elder Law & Advocacy/HICA, UDW AFSCME, Saint Paul's PACE, Wheelchair Dancing, Robin Wagner - Insurance Agent, Elder Help, Aaron Home Care, The San Diego LGBT Community Center, Providence Healing Studio, Sunshine Placement Services, Sound Bath San Diego, Essential Balance and Healing

**For more information on free webinars and workshops, visit the Caregiver Coalition of San Diego at [www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org)**



U.S. Department  
of Veterans Affairs