



GRANDPARENT CAREGIVER service expo

2nd ANNUAL Grandparent Caregiver Service Expo (GCSE)

SAVE THE DATE! Friday, September 10, 2010, 9:00a.m.-3:00p.m.

DEPELCHIN CHILDREN'S CENTER, 4950 MEMORIAL DRIVE

- ▶ Mayor Annise Parker will be in attendance to support this special event!
- ▶ **FREE** for grandparent and other relative caregivers
- ▶ Registration required by **August 28th**
- ▶ Refreshments and lunch provided
- ▶ Direct access to information and services
- ▶ Healthy food demonstrations
- ▶ Line dancing
- ▶ Door prizes and more!!!

Interesting Panel Discussions:

- ▶ **Health Coverage and Benefits**
Information about health care for children and grandparent/relative caregivers and Health Care Reform updates
- ▶ **Mental Health Over the Lifespan**
Information about the development of children's mental health, and the relationship between aging and mental health
- ▶ **Nutrition and Wellness**
Information on eating healthy on a budget, and the relationship between diet and chronic disease
- ▶ **Voices of Grandparent Caregivers**
Hear stories of triumphs and trials from grandparents raising grandchildren

FOR REGISTRATION & INFORMATION

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