



Free Telephone Learning Sessions

Date	Central Time	Topic
Tuesday, March 4th	2:00 pm	The A's of Dementia Tam Cummings, MS
Tuesday, March 11th	11:30 am	Avoiding Sugar Shock: Insulin Therapy and Diabetes Treatment With Joshua Beck, M.D.
Monday, March 17th	2:00 pm	Looking After Yourself and Your Family While Helping an Aging Parent With Barry J. Jacobs, Psy.D.
Tuesday, March 25th	12:00 pm & 7:00 pm	Medicare 101 and the Caregiver With Mary Jane Douglas and Melinda Gardner, Certified Benefits Counselors, Area Agency on Aging of Central Texas (45 min. session) Sponsored by the North Central Texas Caregiver Teleconnection

New 30-Minute Caregiver Break Sessions: Especially for Working Caregivers

Thursday, March 20th	12:15 pm	The Tell Tale Signs of Caregiver Stress With Evalyn Greb, LCSW	
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The Caregiver Teleconnection is a free, safe, and confidential program that uses the telephone to connect family caregivers with trusted professionals and other caregivers.

"Tele-learning" sessions last one hour and are led by expert facilitators on a variety of topics of interest to family members caring for a loved one. The sessions can be accessed from anywhere via your telephone: no need to get dressed up, to find transportation, or to get a sitter.

Call. Learn. Share.
Confidential. Free.



Register online at www.caregiverteleconnection.org or
call **866.390.6491 Toll Free** between the hours of 8 to 5 M - F to register via phone