

# An Evening for Family Caregivers with Dr. Amy D'Aprix

▶ Founder and President of the Caregiver's Coach ◀

▶ Author of *From Surviving to Thriving:  
Transforming Your Caregiving Journey* ◀

▶ Life Transition Consultant ◀

**January 12, 2009**

**7-9pm**

A light kosher dinner will be served beginning at 6:30pm

## **Topics will include:**

- ▶ Practical strategies to improve your caregiving role
  - ▶ Staying healthy and positive
  - ▶ Your questions for Dr. D'Aprix

**Dr. D'Aprix** has an extensive background working with seniors and their caregiving families. She is an author, professional speaker, life transition consultant and teacher. She lectures extensively throughout North America for both corporate and social services agencies. Dr. D'Aprix's book, *From Surviving to Thriving: Transforming Your Caregiving Journey* was published earlier this year.

Baycrest, Loftus Hall, 3560 Bathurst Street

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Parking and transportation available, please inquire upon reply.

Please submit your questions for Dr. D'Aprix along with your reply!

