



**CENTRALINA**  
Area Agency on Aging

## Featured Speakers:



**Catherine Angela  
Burrow**

Registered Nurse and  
Certified Dementia Trainer  
and Practitioner



**Laura Jane  
Ward-Strunin**

Project C.A.R.E Director  
NC Division of Aging  
& Adult Services

**Sponsorship Opportunities  
Available**

[Register Here](#)

## 2024 Webinar Series

# Finding Positivity in the Dementia Caregiving Journey

Wednesday, March 27th

2 p.m. to 3 p.m.

Caregiving is defined as a paid or unpaid act of providing assistance to a recipient in need of help with daily living activities. While this job can be rewarding, there are also frequent challenges caregivers encounter that can be daunting and stressful, particularly when caring for someone with dementia.

We invite both formal and informal caregivers alike to join us for our March webinar session, focused on how caregivers for those with dementia can find positivity in various aspects of the work they do.

Guest speakers Angela Burrow and Laura Jane Ward-Strunin will be sharing their expertise from working in the caregiving field and provide attendees with local, state and national resources to help support them in their work to ensure they and their care recipient stay healthy, happy and stress-free for as long as possible.

### Who Should Attend:

Older adults, volunteers, aging advocates, caregivers, service providers who work with older adults and more.

### Questions?

Contact Caitlin McElrath at [cmcelrath@centralina.org](mailto:cmcelrath@centralina.org)