

National conference today for caregivers

BY **BONNIE DELANEY** • STAFF WRITER • OCTOBER 28, 2009

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WOODBRIIDGE — The 2009 National Caregivers Conference will be held today at the Renaissance Woodbridge Hotel on Route 1 South.

ADVERTISEMENT The annual event is hosted by the Family Support Center of New Jersey, an affiliate of the Family Resource Network.

It will feature 18 workshops with 21 presenters as well as more than 40 exhibit tables focused on caregiving. Doug Ulman, president of the Lance Armstrong Foundation, will deliver the keynote speech at 9:45 a.m.

Samantha Griffiths, of the Family Resource Network, said workshops topics include "Tai chi for caregivers," "What will happen to my child when I am gone?" and "Issues facing the sandwich generation."

Also speaking is Carol D. O'Dell, a family adviser on Caring.com who wrote the book "Mothering Mother: A Daughter's Humorous and Heartbreaking Memoir."

Registration is from 7:30 to 9:15 a.m. The cost for professionals is \$150; the family and student rate is \$100.

For more information about the conference, visit www.nationalcaregiversconference.org or call 800-372-6510.

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