

# Caregiver Day at Abilities Expo

## Presented by the Reeve Foundation

### Sunday, February 7, 2016

## FREE ADMISSION

Please register for the expo at  
[www.AbilitiesExpo.com](http://www.AbilitiesExpo.com)

### Complimentary Services of Abilities Expo:

- Personal Care Service Attendant
- Free Loaner Scooters
- Free Wheelchair Repair
- First Aid
- Service Dog Relief Area

Los Angeles Convention Center  
West Hall A  
1201 South Figueroa Street  
Los Angeles, CA 90015

**“Coaching for Caregivers: How to Reach Out Before You Burn Out”**  
is a presentation that will outline the concepts around reaching in, reaching out and provide practical tools and resources for caregivers.

Presented by Yosaif August ACC

Time: 10:15 AM - 11:15 AM, Workshop Area

### **“Meditation & Yoga Capsules Seminar”**

will demonstrate several key concepts around meditation and yoga that will help caregivers rejuvenate their mind and body.

Presented by Jay Gupta RPh, MScIM, MTM, RxYT & Terry Gupta MSW, RxYT, RMT

Time: 11:30 AM - 12:30 PM, Workshop Area

\* No special clothing or flexibility level is required for the yoga portion.

**“Care for the Caregiver: When You Can’t Stop the Waves Learn How to Sail”**  
is a presentation that will outline several concepts that will teach caregivers self-care practices around remaining healthy and resilient themselves as they assist a loved one with their caregiving needs.

Presented by Regina Rosenthal PT, MA

Time: 12:40 PM - 1:45 PM, Workshop Area