



United States Department of Agriculture
National Institute of Food and Agriculture



Healthy Caregiving

Join us March 13th, 2018 to learn about:

- Resilience in caregiving
- What resilience looks like in different stages of caregiving
- Self-care techniques

Time: 6:00 p.m.- 7:00 p.m.

**Location: Pittsburg County OSU Extension Center
707 West Electric Ave.
McAlester, OK**

A new topic for caregivers will be provided the second Tuesday of each month. Contact Rachel Lockwood, FCS Extension Educator, for more information: Pittsburg County OSU Extension Center: 918-423-4120 or email Rachel.lockwood@okstate.edu

**A COMMUNITY APPROACH TO CARE EDUCATION:
EMPOWERING RURAL HOSPITALS AND CAREGIVERS TO
ENGAGE IN EXCEPTIONAL CARE**