



TUESDAYS

11:30 am – 1:00 pm

Free Registration & Lunch

Thomas Nelson Workforce Center
4135 Ironbound Road, 2nd Floor
Berkshire Hathaway-Towne Realty Building
Williamsburg, VA 23188

To Register go to
www.tncc.edu/workforce

- Click on Class Schedule & Registration
- Search for Family Caregiver
- Add class to cart
- Create a New Profile / Sign-In,
- Check out.

For more information and/or assistance, please contact
Sherri Thrift at

757-345-2823 or by email:
thrifts@tncc.edu

♥ If you need care for your loved one in order to attend, please inquire upon registration. ♥

March 14th – Legal Issues Facing Caregivers: Learn from one of the region's top elder law attorneys about the key issues facing caregivers today, including wills, power of attorney, and much more. Bring your questions!

Lunch provided by:



April 11th – Massage Therapy: A Hands on Approach to Stress Management: Learn the overall health benefits of massage therapy as a means to reduce everyday stress, tension, and pain. Demonstration and simple at-home approaches to be presented to bring calm and a sense of relaxation to your life.

Lunch provided by:



The Family Caregiver Lunch & Learn Series is offered through a collaborative partnership between:

