



Aisha N. Braveboy
County Executive

Prince George's County
Advisory Committee on Aging
In Celebration of National Family Caregivers Month



Elana Belon-Butler
Director

PLEASE JOIN US FOR OUR VIRTUAL

Building Better Caregiver's Seminar



Jackie Harley



Linda Nunes-Schrag

NOVEMBER 20, 2025

11:00 AM – 1:00 PM

TOPICS COVERED

- Self-care methods to improve caregiver health
- Managing difficult emotions and care partner behaviors



- Planning for the future and finding resources
- Improving communication with family, friends, and healthcare providers

REGISTRATION LINK:

<https://shorturl.at/KwCCL>



For more information, contact the Advisory Committee on Aging at agingadvisory@co.pg.md.us