

# Caregiver Bootcamp

## Join Us for a Free Family Caregiver Trainer

Insight invites you to a free training event designed to support and empower caregivers. Whether you're new to caregiving or have years of experience, this morning of expert-led sessions will provide valuable tools, strategies, and resources to help you navigate the caregiving journey, especially when caring for someone with dementia.



## Event Schedule

Saturday, December 6<sup>th</sup> - 9:00AM - 12:00PM



8:30 AM - 9:00 AM

**Check-In**



9:00 AM - 10:00 AM

**Inside the Changing Brain**  
by Dr. Joanna Luzzi from  
Ekdom Neuropsychology  
Group



10:00 AM - 11:00 AM

**Navigating the Holidays**  
by a care partner panel from  
Friends of Insight



11:00 AM - 12:00 PM

**Yes, And: Improv Skills for Care Partners**  
by Resonance Improv Alliance



**Respite care is available.**

Email [erin.coelho@insightmcc.org](mailto:erin.coelho@insightmcc.org) by November 25<sup>th</sup> to request respite.

**Free registration online or scan the QR code!**

[insightmcc.org/education/classes](https://insightmcc.org/education/classes)



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IMCC Education & Support Center, 3955 Pender Dr, Suite 100, Fairfax, VA 22030