

THE NIH CLINICAL CENTER FAMILY CAREGIVER DAY

Are you supporting a family member or friend with healthcare needs?

Join us as we recognize your commitment as a caregiver.

The NIH Clinical Center celebrates National Family Caregiver Month with Family Caregiver Day.

Thursday, November 21, 2013
10am – 2pm

www.cc.nih.gov/wecare



Information Fair & Expo: Schedule of Events

Hatfield Building, 7th floor

10 am – 2 pm

Caregiver Resources

- Interactive Art Project
- NIH Patient Library Resources for Caregivers
- Surfing for Support and Social Work Resources
- Stress & Coping: Mental Health Resources
- Nutrition Tips for a Healthier You
- Recreation and Welfare (R&W)
- The Children's Inn – A Place Like Home
- NIH Campus Nature Walk
- Plus more from local and national organizations

10 am – 1 pm

- Mind-Body Techniques, Auxiliary Chapel

12 pm – 2 pm

- Guided Labyrinth: Walking Meditation, Main Chapel

1 pm – 2 pm

- Fitness Room, Available to family and friends of CC patients only, Room 7-355 I

Hatfield Building, 1st floor

10 am – 12 pm

- 30-minute Relaxation Chair Sessions, Room 1-1341 NE
- Playroom is available to children of Clinical Center patients ages 3-18, Room 1-5673

1 pm – 3 pm

- Playroom is available to children of Clinical Center patients ages 3-18, Room 1-5673

The Children's Inn – A Place Like Home

Available to parents of pediatric patients

6:30 am – 9:30 am Complimentary Breakfast
7 pm Family Activity

Evening:

A dinner will be offered for caregiver guests at the Edmond J. Safra Family Lodge and the Children's Inn.

Registration is not required. Individuals with disabilities who need reasonable accommodation to participate in these events should email their requirements to Leslie Wehrlen at lwehrlen@nih.gov or call the Federal Relay at 1-800-877-8339 at least one week in advance.



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