

THE NIH CLINICAL CENTER FAMILY CAREGIVER DAY

Are you a family member or friend helping a loved one participating in clinical research at the NIH Clinical Center?

Join us as we recognize your commitment as a caregiver.

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

Monday, November 1, 2010
9 am – 2 pm

www.cc.nih.gov/wecare



Guest Speaker: Lipsett Amphitheater

9–10 am

Richard Schulz, PhD Guest Speaker

Professor of Psychiatry, Director of the University Center for Social and Urban Research, Director of Gerontology, and Associate Director of the Institute on Aging, University of Pittsburgh

Information Fair & Expo: Schedule of Events

Hatfield Building, 7th floor

10 am–2 pm

- Caregiver Resources, Bridge Area
- *Collage of Helping Hands*, an interactive art project, Bridge Area
- NIH Patient Library Resources for Caregivers, 7th floor atrium reading area
- Yoga, Tai Chi, and Guided Imagery, Auxiliary Chapel
- Surfing for Support and Social Work Resources, West Atrium Walkway
- Stress & Coping: Mental Health Resources, West Atrium Walkway

12 noon–2 pm

Guided Labyrinth, Main Chapel

12:30 pm–2 pm

Fitness Tips for a Healthier You, Fitness Room, 7-3551

Hatfield Building, 3rd floor

10 am–2 pm

30-minute Relaxation Chair Sessions, 3SE-N, Room 3-3481

10 am–2 pm

Seated Massage, Bridge Area

Hatfield Building, 1st floor

10 am–12 noon and 1 pm–3 pm:

The playroom (room 1-5673) is available to children (ages 3-18) of Clinical Center patients

Evening:

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

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

