For anyone facing the challenge of caregiving!

**A Sandwich Generation Forum:**
Caring For Loved Ones From Aging Parents to Growing Children.

**Advice. Solutions. Compassion.**

FREE ADMISSION: Saturday, Nov. 14, 9am-3pm
Marriott Burbank Airport Convention Center

25 guest speakers, breakouts, resource expo,
Food News live, food trucks & health screenings!

Hosted by Jim Thornton, Diane Thompson, Frank Mottek and Charles Feldman

**Featuring a special performance by Fritz Coleman**

For more information visit:
cbsLA.com/SandwichGeneration
Log on for a limited-time FREE parking offer.

- Caregiving in & out of home
- What happens when adult kids return to the Empty Nest
- Handling the unexpected financial burden of caregiving
- Becoming your Mom’s parent
- Scams and Abuse
- Dealing with Dementia
- Being stuck in the middle

Presented by

Special Guest
Leeza Gibbons

#SandwichGenLA
(UN)Stuck in the Middle
Presented by Dr. Donna Benton, Director of the USC FCSC

Family caregivers often neglect themselves when caring for someone else. Donna Benton, Ph.D., Director of the USC Family Caregiver Support Center, will discuss how to avoid caregiver burnout and simple ways to improve a caregiver’s quality of life.

Saturday, November 14, 2015

Main Event: 9:00am-3:00pm
Breakout Session: 12:30-1:20pm
Marriott Burbank Airport

*more details on reverse side*