

SPRING FAMILY CAREGIVERS RETREAT



UNLOCKING MEANING: EMBRACING LEGACY DURING THE FAMILY CAREGIVERS JOURNEY

Thursday, May 2, 2024
12pm - 3pm

Peconic Bay Medical Center
Conference Room B
1 Heroes Way
Riverhead, NY 11901

For more information visit
pbmchealth.org/caregivers-center
or scan QR code below

To register for more information,
contact the Caregivers Center at
pbmccaregiverscenter@northwell.edu or (631) 548-6259



Change and loss are inherently woven into the caregiving experience each and every day. Engaging in opportunities for legacy creation can help to capture stories, preserve memorable moments and unlock meaning within the journey. Join us for a special invitation to learn creative ways to honor the past, celebrate the present, build memories for the future and to actively explore what legacy means to you.

Legacy Discussion Panel Topics:

- The Art of Interviewing to capture your loved one's story
- Legacy to Honor Veterans
- Financial Legacy
- Food As Legacy



Keynote speakers (shown left to right)

Christine Gallo, LCSW, ACHP-SW, GC-C Social Worker
Susan Capurso, End of Life Doula and Legacy Creator

A light lunch will be provided. Guests will also create a meaningful takeaway to continue their legacy journey after the event. This event has limited space. Registration is required to attend and to receive your free gift.

Presented by



Caregivers Center