

EDUCATE YOURSELF, SUPPORT OTHERS

Learn about changes that may occur with aging to empower yourself and support others



FREE COMMUNITY TRAINING

Topic #1: **It's a Balancing Act: Falls and Medications**

Topic #2: **Care Tips, Tools and Resources to Improve Quality of Life**

In 2021:

Monday, Oct. 29 — 2 to 4:15 p.m.

Monday, Dec. 13 — 9 to 11:15 a.m.

In 2022:

Monday, Feb. 28 — 2 to 4:15 p.m.

Monday, April 11 — 9 to 11:15 a.m.

Sessions are held via Zoom Video Conferencing, provided through a partnership with University of Nevada, Reno Frontier Area Health Education Center (AHEC).

You can use your laptop, desktop computer, tablet or phone to participate.

Instructions for the Zoom meeting will be sent via email after your registration is processed.

This program is funded in partnership with Nevada Aging and Disability Services Division. The Nevada Geriatric Education Center is part of the Sanford Center for Aging and offers educational programs for health care professionals, faculty, students, care partners and anyone interested in learning more about how to provide care and support for elders.

You may register one of four ways: 1) complete the registration form, scan and email; 2) type your registration responses into an email; 3) call with your registration information; 4) complete your registration online.

To register or for more information, contact Dolores M. Ward Cox

dmwardcox@unr.edu

| (775) 682-8470

| <https://bit.ly/NGECFY22>



University of Nevada, Reno
School of Medicine
Sanford Center for Aging



FIND US ON FACEBOOK
@UNRSCA

med.unr.edu/aging
(775) 784-7557
sanford@unr.edu

FREE COMMUNITY TRAINING

REGISTRATION FORM/INFORMATION

Topic #1: **It's a Balancing Act: Falls and Medications**

Topic #2: **Care Tips, Tools and Resources to Improve Quality of Life**

Select the date that works best in your schedule:

In 2021:

In 2022:

- Monday, Oct. 29 — 2 to 4:15 p.m. Monday, Feb. 28 — 2 to 4:15 p.m.
 Monday, Dec. 13 — 9 to 11:15 a.m. Monday, April 11 — 9 to 11:15 a.m.

*If you are a healthcare professional, please complete the registration online.
The link information is below.*

First Name: _____ Last Name: _____

Daytime Phone: _____ Email: _____

If you plan to attend the training by phone (or use your phone as the microphone), you **MUST** provide that phone number to be admitted into the training. Provide your 10-digit phone number in this format: 123-456-7890. *Note: You may also use the option when logging into Zoom to use your phone as a microphone.*

If you plan to use a device (tablet, phone, etc.) that doesn't display your name as registered, you **MUST** provide your unique device name to be admitted into the training (e.g. Jennifer's Chromebook, Jennifer's iPad).

Are you a caregiver / care partner? In the last year, have you provided care or support to an older adult? (e.g. companionship, home, maintenance, managing health care, shopping, and transportation)

- Yes No

Please submit registration form at least one week prior to training.

Submit to: dmwardcox@unr.edu or over the phone at (775) 682-8470.

If you have questions about the program,
call Dolores M. Ward Cox at (775) 682-8470.

You may also complete the registration online: <https://bit.ly/NGECFY22>