

JOIN US!

## THE ARC MONTGOMERY COUNTY 2019

# RESPITE RESOURCE FAIR

*For Family  
Caregivers*



Are you caring for a frail senior citizen or a loved one with disabilities? Learn how you can get help!

**Saturday**  
**March 23**  
**10AM – 2PM**

**OPEN TO THE PUBLIC**  
The Activity Center at Bohrer Park  
Summit Hill Farm  
506 S. Frederick Ave., Gaithersburg

**FREE ADMISSION**

Learn how unpaid, live-in, primary caregivers can get short term, occasional relief from their caregiving duties and other support. Meet potential respite care providers and learn more about how respite care works.

For details visit:  
[TheArcMontgomeryCounty.org/What-We-Do/Respite](http://TheArcMontgomeryCounty.org/What-We-Do/Respite)

