

You are invited to attend **FREE** courses led by the Area Agency on Aging Central Texas (AAACT)

# Aging Well Series

## Taking Care of the Caregiver

The **Aging Well Series** offers additional supports and programs for those with chronic health conditions who are 60 and older, and for their friends and family who provide care.

Please join us to discuss how:

- A healthy, resilient caregiver is a better caregiver
- Communicating in challenging situations can be done while mastering caregiving decisions
- Using Alzheimer's and Dementia resources promotes well-being and self-care

**Virtual Event** : Feb. 8, 2022

**Time**: 9:30 am – 11:30 am

To register: [CLICK HERE](#) or call

254.770.2330

### Featured Speakers:

- **Andrejs E. Avots, Avotins, MD, PHD** (Moderator)  
The Elizabeth & Drayton McLane, Jr Chair in Health & Wellness  
Vice President–Provider Engagement & Community Affairs
- **Lanell Mikeska**  
Lanell Mikeska is a Master Trainer for Chronic Disease, Chronic Pain and Diabetes Health and Wellness programs offered by the Area Agency on Aging. Lanell retired from Baylor Scott & White in 2007 as the Manager for Medical Education. She has been a certified facilitator for Development Dimensions International for classes offered by Temple College Business & Community Education and holds the rank of Distinguished Toastmaster through Toastmasters International.
- **Theresa Mireles**  
Theresa Mireles attended the University of Mary Hardin Baylor and is currently a student at the International Institute of Reflexology. Theresa is a Master Trainer for the Health and Wellness Programs and Outreach Community partner for the Area Agency on Aging of Central Texas. She feels fortunate to be able to offer these series of evidence-based classes to our community.
- **Faith Lane**  
Faith Lane is an experienced community development professional with 15 years in the Texas nonprofit sector. After earning her undergraduate degree from Texas A&M University, she earned a Masters in Community & Economic Development from Pennsylvania State University. She takes pride in building bridges and cultivating strong community partnerships.

AAACT's next class, Savvy Caregiver with an emphasis on mental health & well-being, will be held on March 8, 2022. For more information about the next session, visit <https://aaact.org/events>.

Hosted in collaboration with:



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