

PRESS RELEASE

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AGE of Central Texas Offering Free Caregiver Seminar on “Partnering with Your Siblings to Better Care for Your Parents” in Lakeway on February 10th

AGE of Central Texas will host the free caregiver support seminar “**Partnering with Your Siblings to Better Care for Your Parents**” on Saturday, February 10th, in Lakeway, and sponsored by the Austin Senior Resource Alliance. Part of the on-going workshop series to help family members effectively care for an older loved one, the free seminar will be held from 10:00 a.m. to Noon at the Keller Williams Lake Travis Market Center, located at 1921 Lohmans Crossing Road, Suite 100, Lakeway, TX 78734. David Zuniga, Ph.D., MDIV, MA, will discuss how siblings can work together and resolve personal conflicts to provide better care for their aging parents.

David Zuniga earned his Ph.D. in clinical psychology and is a licensed psychologist in private practice in Austin, Texas, specializing in caregiver and patient support, stress reduction, and healthcare decision-making. His current psychology practice includes providing seminars on meditation and wellness, and also therapy groups for caregivers and patients living with advanced illnesses.

Previously, Dr. Zuniga worked for more than a decade as both an interfaith chaplain and an administrator in pediatric and adult end-of-life healthcare. He also holds a Master’s Degree from Harvard Divinity School, focusing on comparative religion and meditation, and he also holds a Master’s Degree in English Literature.

Dr. Zuniga publishes widely and speaks internationally at leading academic conferences on wellness and healthcare-related concerns. He is currently completing a book on Zen, mindfulness, and end-of-life care for Wisdom Publications

Registration for the caregiver seminar is free, but space is limited. Participants can register by calling (512) 600-9275, or online at www.TinyURL.com/AGEfebruary2018.

For more information on the programs and resources provided by AGE of Central Texas, visit www.AGEofCentralTX.org or call (512) 451-4611.

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AGE of Central Texas is a regional non-profit that tackles the challenges of aging with expert solutions. AGE serves older adults and caregivers through five interrelated programs: adult day health centers, caregiver education and resources, early memory loss support, health equipment lending, and peer-based computer classes for seniors. AGE has been serving older adults and those who care for them since 1986. For more information, visit www.AGEofCentralTX.org or call (512) 451-4611.