

CAREGIVING SUMMIT

Building a Caring Community

You don't have to care for others alone.

Join **AARP Sacramento** for a day of connection, inspiration, and practical support for caregivers, families, and our community.

FREE BOOK
for the first
100 participants!



AGGIE SQUARE

4480 2nd Avenue
Sacramento, CA 95817



THURSDAY

NOVEMBER 12, 2026



10:30 AM
Registration &
Networking

11:00 AM – 2:30 PM
Program



**COMPLIMENTARY
LUNCH &
FREE PARKING**



INSPIRING KEYNOTE

Hear from leading voices on the real experiences and challenges of caregiving today.



INTERACTIVE WORKSHOPS

Practical strategies and resources on care, wellness, and navigating your journey.



COMMUNITY RESOURCES

Connect with local organizations and discover services that can help.



YOU ARE NOT ALONE

Build connections, share experiences, and leave feeling supported and empowered.

**SCAN TO
REGISTER!**



*Register
today—space
is limited!*



FEATURED SPEAKER:

Kate Washington

Author of *Already Toast: Caregiving and Burnout in America*.

Kate is a powerful storyteller and advocate for caregivers. Her writing has appeared in *The New York Times*, *Oprah Daily*, *TIME*, *HuffPost*, *Eater*, and more.

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