



Franklin County
Board of Commissioners

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FOR IMMEDIATE RELEASE

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Franklin County Office on Aging Presents the 3rd Annual Caring for the Caregiver Expo

COLUMBUS, OH – Spencer 4Higher Media LLC, in partnership with The Ohio Sickle Cell and Health Association, recently announced that the Franklin County Office on Aging will present the [3rd Annual Caring for the Caregiver Expo](#) on Saturday, Nov. 5, 2022 in Columbus, OH at The Boat House at Confluence Park.

The 3rd Annual Caring for the Caregiver Expo is a free one-of-kind event that allows caregivers, first responders, essential workers, parents, grandparents and guardians a chance to enjoy pampering services like massages, reflexology, mini manicures and facials. Attendees can also participate in various health and fitness activities throughout the day, including yoga, aerobics and line dancing. In addition, various Lunch and Learn sessions with guest speakers will take place, and community resources and information from health care organizations, businesses and government agencies will also be available onsite.

“The Annual Caring for the Caregiver Expo is held on the first Saturday in November kicking off National Caregivers Month. This year, we are happy to announce that Franklin County Office on Aging will serve as our Presenting Sponsor,” said Brenda D. Spencer, President of Spencer 4Higher Media LLC and Caring for the Caregiver Expo Creator and Event Chair. “The Franklin County Office on Aging is a perfect partner and has supported the Caring for the Caregiver Expo since its inaugural event in 2019,” continued Spencer.

[The Franklin County Office on Aging](#) provides centralized access to diverse programs and individualized services for older adults, dependent adults, and their families so they can preserve their independence and stay in their own home. Franklin County residents aged 60 and older can access various programs and services through the agency, as well as support services for caregivers and kinship families, including adult day services, durable medical equipment, caregiver counseling and more.

“We are thrilled to be the presenting sponsor for the 3rd Annual Caring for the Caregiver Expo,” said Interim Director Chanda Wingo. “Many caregivers are taking care of a loved one while also working and being a parent. The long hours and around the clock care can take a toll on their physical, mental and emotional well-being. This event is a



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chance for them to relax, unwind and recharge so they can continue providing quality care for those they love,” continued Wingo.

For more information, call (614) 348-2667 or visit caringforthecaregiverexpo.com.

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The Franklin County Office on Aging provides centralized access to diverse programs and individualized services for older adults, dependent adults, and their families so they can preserve their independence. Learn more at officeonaging.org and follow FCOA on [Facebook](#), [Twitter](#), [LinkedIn](#), [Instagram](#) and [YouTube](#).