



Franklin County
Board of Commissioners

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Franklin County Office on Aging Presents the 4th Annual Caring for the Caregiver Expo

Columbus, Ohio – Spencer 4Higher Media LLC recently announced that the Franklin County Office on Aging will be the presenting sponsor for the 4th Annual Caring for the Caregiver Expo on Saturday, November 4, 2023, in Columbus, Ohio at The Boat House at Confluence Park. The 4th Annual Caring for the Caregiver Expo runs from 9 a.m. to 2 p.m.

The 4th 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, mini manicures and facials. Attendees can also participate in various well-being activities, including yoga, aerobics and meditation. Community resources and information from health care organizations, businesses and government agencies will be available onsite. In addition, the Franklin County Office on Aging has planned a series of informative lunch and learn sessions. These sessions will cover a range of topics, including kinship services, housing resources, home repair information, probate court procedures and steps to ensure your wishes are honored, and more.

"The Annual Caring for the Caregiver Expo marks the beginning of National Caregivers Month and I'm delighted to reveal the return of the Franklin County Office on Aging as our presenting sponsor," stated Brenda D. Spencer, President of Spencer 4Higher Media LLC and Founder of the Annual Caring for the Caregiver Expo. "Since its inaugural event in 2019, the Franklin County Office on Aging has been an ideal partner, steadfastly supporting our mission," Spencer added.

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 60 years old 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.

"The Franklin County Office on Aging is elated to serve as the presenting sponsor for the 4th Annual Caring for the Caregiver Expo," stated Director Chanda Wingo. "Caregivers often juggle the responsibilities of looking after loved ones, maintaining their



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jobs, and nurturing their own families. The tireless commitment and 24/7 care they provide takes a toll on their physical, mental and emotional health. This event offers them an opportunity to unwind, rejuvenate and recharge, ensuring they can continue delivering top-notch care for their loved ones," Wingo said.

For more information about the 4th Annual Caring for the Caregiver Expo, 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](#), [X \(formerly Twitter\)](#), [LinkedIn](#), [Instagram](#) and [YouTube](#).