

Theo & Alfred M.  
Landon  
Center on Aging

**Brownbag Lunch Series**

Noon to 1:00 p.m.

at the

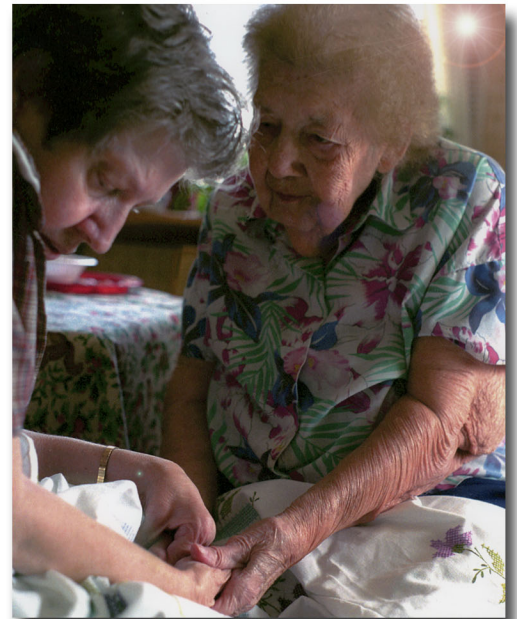
Landon Center on Aging, Room 200

***Being Heard: Coaching Your Friends  
& Family in the Art of Supportive Caring***

***March 9, 2005***

**Presenter: Carol McAdoo Motivational Speaker  
& Facilitator**

Independence is sometimes hard to claim when those who love us and want to help us "Take Over". This session is about steps to clear and positive conversations with those who care about us and for us. Conversations with adult children and caregivers can leave us feeling in charge of our lives and in charge of our choices or we can feel dis-empowered and helpless. Participants will have some laughs and some learning around issues of communication.



<http://www2.kumc.edu/coa>

Bring a lunch and enjoy the presentations. Refreshments and dessert provided.  
Free , convenient parking.

**Call Matt Chandler at 913-588-3094 to RSVP. Space is limited.**