



## **DIRECT CARE** *A Heavy Lift... Get Pumped!*

IOWA CAREGIVERS • 2023 CONFERENCE

IOWA CAREGIVERS *Annual Conference*  
**OCTOBER 9-10, 2023**

FFA ENRICHMENT CENTER • ANKENY, IA

**A CONFERENCE FOR  
DIRECT CARE WORKERS AND  
FAMILY CAREGIVERS**

*REBUILDING THE PHYSICAL, MENTAL, EMOTIONAL, AND SPIRITUAL STRENGTH  
OF THOSE WHO PROVIDE DIRECT CARE*

# SAVE THE DATE!

## **DIRECT CARE: A HEAVY LIFT... GET PUMPED!**

Caregivers often feel the weight of the world on their shoulders. This conference will lift them up.. pump them up and renew their strength to stand strong in serving the needs of lowans of all ages and abilities.

Past attendees say their participation in this event fills their energy cup. It reduces their burnout and builds strength through self-care, professional and skill development, and emotional strength that comes with networking with other direct care workers and family caregivers who share the heavy lift!

### **THINGS TO LOOK FORWARD TO:**

- Motivational Keynote Speakers
- Agenda and Sessions Tailored to Topics for Those in Direct Care and Family Caregivers
- Networking with Fellow Caregivers
- Exhibitors with Lots of Resources
- Theme-Related Fun
- Great Food
- Feel Good Atmosphere!

### **IN 2022:**

**99%** *said they could apply the information learned.*

**97%** *rated conference excellent or very good.*

**85%** *said they are more likely to remain in the field of direct care as a result of their participation.*

**82%** *said they are more likely to remain with their current employer as a result of their participation.*

**Watch our website and Facebook page for more information: [iowaCareGivers.org](https://www.iowacaregivers.org)**

#### **Iowa CareGivers**

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