



**Janet Chambers-McClanahan**  
Founder/CEO, Weekend at Ricky's



# WEEKEND AT RICKY'S INC

## Caring for Caregivers

**SATURDAY, NOVEMBER 18, 2023**  
10am to 1:30pm

**Singing Hills Recreation Center**  
6805 Patrol Way  
Dallas, TX 75241



**Keynote Speaker**  
Deborah Littlejohn Spencer



**Shelby Sanders-Alvarez**  
Advocacy for children with disabilities



**Dr. Steve Carter**  
The Health Benefits of being a Caregivers



**Dr. Charles Morris**  
Senior Vice Provost,  
Academic Services Dallas College



**Adam McGough**  
CEO of Lone Star Resolutions

<https://www.paypal.com/paypalme/weekendatrickys/40>

**FOR MORE INFO**



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