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### EVENT CARES FOR CAREGIVERS

Check out more community events or post your own at [share.triangle.com](http://share.triangle.com). Click on "Events" and then "Community." For more information, call 829-4629 or send e-mail to [yourtriangle@newsobserver.com](mailto:yourtriangle@newsobserver.com).

Resources for Seniors and **Hospice of Wake County** will hold the Triangle Caregivers Conference on Oct. 23 at the McKimmon Center in Raleigh. The conference, designed for those who care for someone who is incapacitated, will provide respite, resolution and resources. It will run from 10:30 a.m. to 3:30 p.m. and will include a keynote speaker, breakout sessions, lunch, vendor booths and pampering activities. To register, go to [trianglecaregiversconference.com](http://trianglecaregiversconference.com) or call 719-7176.

### LANDSCAPING WORKSHOP IS TONIGHT IN APEX

Wake County residents can get tips on preparing their yards for the winter and spring at the county's Fall Landscaping Workshop from 6 to 7:30 tonight at the Cardinal Shelter at Crowder District Park, 4709 Ten-Ten Road, Apex.

The landscaping workshop will include a tour of a rain garden, a stormwater wetland and a rainwater cistern. It will also provide information on topics such as soil testing, fall seeding of cool-season grasses, mulching and stormwater runoff.

To register, call Crowder Park at 662-2850.

### EDUCATOR WILL DISCUSS CANCER AND VITAMINS

Nutrition educator Mark Mead will speak on "The ABCs of Vitamin Supplements for Cancer Patients and Survivors" from 7 to 9 p.m. Tuesday at the Cornucopia House Cancer Support Center, Overlook Building, Suite 220, 111 Cloister Court, Chapel Hill. Mead, a nutrition oncology specialist and the founder of Global Healing Options, will discuss how vitamin supplements can meet the basic needs of cancer patients. Reservations are required and can be made by calling 401-9333. For more information, visit [www.cornucopiahouse.org](http://www.cornucopiahouse.org).

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