

NEWS RELEASE



Maryland Public Television

11767 Owings Mills Blvd. | Owings Mills, MD 21117 | mpt.org

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For immediate release

Contacts:

Tom Williams, APR | tomwilliams@mpt.org | 410-581-4031

Emily O'Donnell | eodonnell@nevinspr.com | 443-686-1331

Maryland area caregivers invited to free, resource-filled Caregiving Expo

Day-long MPT program on Saturday, August 2 supports those who care for others

OWINGS MILLS, MD – Maryland area caregivers are invited to attend Maryland Public Television's Caregiving Expo on Saturday, August 2 from 10 a.m. until 4 p.m. on MPT's Owings Mills campus.



The day-long program will provide caregivers with information on community resources they can tap; ways to receive emotional and physical support for their work; and connect them to organizational partners specializing in self-care and wellness. The event is free to attend and is open to both paid and unpaid caregivers.

MPT's Caregiving Expo has been developed in conjunction with the PBS documentary **Caregiving**, which can now be viewed via streaming on [MPT's online video player](#) and the [free PBS app](#). The film will also air during the Caregiving Expo and will be followed by a panel discussion featuring local experts.

More than a dozen community partners will join MPT at the expo. These groups range from the Maryland Department of Aging and Maryland Relay to the Maryland Chapter of the National Alliance on Mental Illness and the Parkinson's Foundation.

The full list of partners and the registration form for free attendance are available at mpt.org/events.

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About Maryland Public Television

Maryland Public Television (MPT) is a statewide, public-supported TV network and Public Broadcasting Service (PBS) member offering entertaining and educational content delivered by traditional broadcasting and streaming on TVs, computers, and mobile devices via its [online video player](#) and the [free PBS app](#). A state agency operating under the auspices of the Maryland Public Broadcasting Commission, MPT also produces local, regional, and national programming and frequently earns regional Emmy® awards for its work. MPT's commitment to educators, parents, caregivers, and learners of all ages is delivered through its [Maryland Center for Media Literacy & Education](#) and [Thinkport.org](#). MPT's year-round community engagement activities connect viewers with resources covering a wide range of topics. More information is available at mpt.org.