

NOVEMBER 2023



## Caring for the Caregiver

### ONLINE SEMINAR

People who experience caregiver stress can be vulnerable to changes in their own health. In this session we will explore how to cope with caregiver stress while supporting our loved ones.

### INSTRUCTIONS TO WEBINAR:

On our homepage scroll down and find Online Seminars. Click on the plus (+). Then select the webinar you would like to attend.

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