



**Please Join Us in Celebrating Good Health!**

## **WELL-BEING AWARENESS WEBINAR**

### **THE CAREGIVER'S GUIDE TO OPTIMAL SELF HELP**

**MAY 18<sup>TH</sup>**

**12:00PM – 1:00PM ET**

#### **Learn About...**

- The common signs of caregiver burnout
- Different ways to reduce caregiver stress
- Effective ways to replenish your energy through self-care
- Tool, techniques and resources to assist in bringing your best self forward

**CLICK HERE TO REGISTER**

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