

Family Caregivers,  
This Event is  
Especially for You!



## Get New Energy, New Ideas, and New Perspectives at a Free Caregivers' Workshop!

Monday, October 22nd at 7:00 pm

Caring for a loved one can be incredibly rewarding, and incredibly challenging. Join us for a free workshop with motivational speaker Jake French and his full-time caregiver mother, Margaret.

They'll share the tools, strategies and mindsets needed to steer clear of burnout and turn hopelessness into positive action. Jake's uplifting message is laced with self-effacing humor, offering plenty of laughter along with practical learning.

You'll walk away inspired, empowered and better equipped to keep making a difference, every day. Join us! You'll be glad you did.



CEDAR SINAI PARK

love. honor. respect.

Call 503-535-4004 to RSVP or email: [Polina.Munblit@CedarSinaiPark.org](mailto:Polina.Munblit@CedarSinaiPark.org)

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