



Inspiring the Caregiver's Soul

**Maintain Your Mindset:
Obligation or Opportunity**

Wednesday, September 25

5 p.m. - Light dinner and resource booths

6 p.m. - Program

29 Pines/Sleep Inn & Suites Conference Center

5872 33rd Avenue, Eau Claire

Being a caregiver to a family member is as overwhelming as it is rewarding. Transform your thoughts from, "I have to," to "I get to." Learn about effective communication, compassion fatigue, self-care skills and maintaining your sense of humor.

Keynote Speaker: Jean Jirovec, Marriage and Family Therapist

HSHS



**Sacred Heart
St. Joseph's**
3D Community Health
Body. Mind. Spirit.



FREE. TO REGISTER: call 715.717.6565
or visit [www.SacredHeartEauClaire.org/
Events-Classes](http://www.SacredHeartEauClaire.org/Events-Classes). Please bring a
non-perishable food item for local
food pantries.