



An Invitation for Caregivers....

Caring for the Caregiver

Join us for a Virtual Cup of Care!

When: Wed., May 12 7-7:45 pm CT

Where: Virtual Event via Zoom

How: [Please register in advance*](https://caregivers_caring4you.eventbrite.com) for this FREE event at
https://caregivers_caring4you.eventbrite.com



**The first 25 people who register will receive an Album of Hope as a gift to keep close by your side during times of stress and the need for emotional fulfillment.*

Why: Take time out from your caregiving duties to hear simple ways for *self-care*.

Caregiver Laura Townsend will tell her story about how her favorite hobby—scrapbooking—gave her the emotional care she needed while caring for her late husband Brad. This self-care became Albums of Hope, a local nonprofit that lifts spirits and inspires hope. Laura will share self-care tips and give you a sneak peek at her Caregiving Planner. A time to engage and share. ***Join us today!***

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