

# *CELEBRATE NATIONAL CAREGIVERS MONTH*

## **BOUNDARIES & BALANCE IN CAREGIVING**

*THURSDAY, NOVEMBER 3, 2022  
12 - 2:15 P.M. OR 5 - 7:15 P.M.*

### **CREATING HEALTHY BOUNDARIES WITH BRITTANY MAAS, FOUNDATIONS**

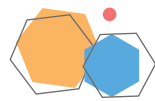
*12 - 1 P.M. OR 5 - 6 P.M.*

Setting healthy boundaries is an essential part of mental, physical, and emotional well-being. As a caregiver, this can often be difficult to do when caring for a loved one. Learn ways to practice creating a more balanced lifestyle and how to establish healthy boundaries when in a caregiving role.

### **FINDING BALANCE BETWEEN YOUR NEEDS & THEIRS WITH TERI BRADFORD, ADRC CAREGIVER SPECIALIST**

*1:15 - 2:15 P.M. OR 6:15 - 7:15 P.M.*

As a caregiver, it can be difficult to find and build balance between your needs as a caregiver and the needs of your loved one. As the needs change, you have to learn new things and may not have a lot of people around you who understand. For this reason alone, it's important to build balance between your needs and theirs and learn steps to building the balance that's essential for your well-being as well as your loved one's.



These presentations are offered at two different times during the day, so be sure to attend the session that works best for you!

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FOR MORE INFORMATION AND TO REGISTER**

