CHARTING THE LIFECOURSE

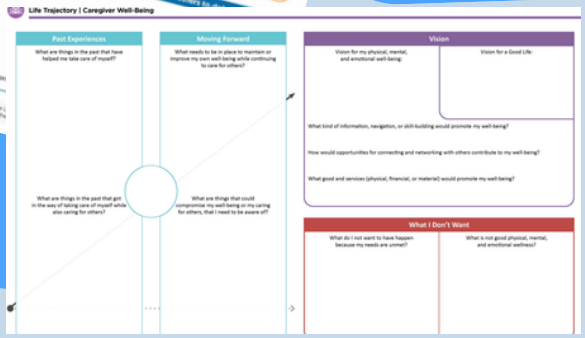
LIVE

Exploring Caregiving & Well-Being









Caring for a loved one is meaningful, but it can also feel overwhelming. Your well-being matters, too! Join us for an engaging session where we'll explore practical ways to balance caregiving with self-care. Together, we'll reflect, plan, and problem-solve strategies to help you:

- Support your physical, mental, and emotional wellness
- Find balance while caring for others
- Strengthen both your resilience and your relationships

You deserve care just as much as the ones you love let's make space for it.

Tuesday:

November 3, 2026

9:00am-10:00am

Click Here to Register

1-Hour DODD CEU Available



Barbara Sapharas
CtLC Ambassador,
LifeCourse Nexus
Trainer and Coach



Angie Chapple
CtLC Ambassador
with 33 years in
special education

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Ohio's Official Hub for Charting the LifeCourse

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