

Boomers, Elders & More Speaker Series

CARING FOR THOSE WHO ARE CARING FOR OTHERS

As a caregiver, maintaining your well-being is critical for those you care for. We will discuss a variety of intentional self-care actions to help you preserve your compassion.

Presented by Jim Kendall, LCSW
Vanderbilt Work/Life Connections

Wednesday, September 18
12-1 PM

Godchaux Nursing Annex
Room 164

Light Refreshments Provided

contact: toya.y.cobb@vanderbilt.edu



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