

Join us for a Webinar on January 31

Free Webinar
Techniques to Increase Positivity for Caregivers: Session 3
by Janet Edmunson, M.Ed.

Tuesday, January 31, 2012

For family and professional caregivers

Register Online Today by clicking the link below.
Or paste the link into your browser.

Webinar will be 30 minutes in length.

7:00 p.m. – 7:30 p.m. (Eastern)

6:00 p.m. – 6:30 p.m. (Central)

5:00 p.m. – 5:30 p.m. (Mountain)

4:00 p.m. – 4:30 p.m. (Pacific)

Registration Link: <https://www2.gotomeeting.com/register/947919578>

Webinar Description: In Janet's fourth webinar of this series, she'll continue to encourage caregivers in ways to counter balance the struggles of caregiving with practical skills from the scientifically studied field of positive psychology. She'll share her personal caregiving stories while offering skills such as applying your strengths, finding things to look forward to and having adventures—all of which can increase your positivity in the midst of caregiving challenges. Taking into account the stress caregivers face with time, energy and interest her practical suggestions will help buoy up when things get tough. (To view the first three webinars, go to www.affirmyourself.com and click on the "products" page.)

About Janet: Janet has over 30 years' experience in the health promotion field. She retired in May 2007 as Director of the Prevention & Wellness for a staff of 20 at Blue Cross Blue Shield of Massachusetts. Since retirement, as President of JME Insights, she is a national inspirational speaker having spoken to over 200 groups. While working full-time, Janet took care of her husband, Charles, during the five years he fought a movement disorder with dementia. Janet wrote about her experience in her book, *Finding Meaning with Charles*. Janet has a Master's degree from Georgia State University. She resides in South Portland, Maine.

Webinar Format: You may participate in one of two ways:

1. The **first** viewing method is via access through the internet. You can view the presentation on your computer and listen via your computer speakers or USB headset connected to your computer.
2. The **second** option would use the internet and a telephone connection, or just the telephone. **Please note: If you use this second option, you may need to pay applicable phone charges from your telephone carrier.**

Once you register, you will receive an **email from Transformation Consortium** confirming your registration with information you need to join the webinar.

Space is limited and registrations are taken on a first come first serve basis.

For Additional Information: You can contact Janet at janet@janetedmunson.com with any questions you have about participating.