



Janet Edmunson

(Please forward this to anyone who may benefit)



Presents:

FREE WEBINAR

Build Happiness Into Every Day While Caregiving

Join us for a FREE Webinar on September 29

Build Happiness Into Every Day While Caregiving

by **Janet Edmunson, M.Ed.**

Tuesday, September 29, 2015

(The webinar also will be recorded for viewing later)

For family and professional caregivers

Register online today by clicking the link below.
Or paste the link into your browser.

Webinar will be approximately 30 minutes in length.

All attendees will be entered into a drawing for a CD by Janet Edmunson, M.Ed.

7:00 p.m. (Eastern)
6:00 p.m. (Central)
5:00 p.m. (Mountain)
4:00 p.m. (Pacific)

Registration Link:

<https://attendee.gotowebinar.com/register/3659277318870128385>

Webinar Description: Believe it or not, even as caregivers, we have the choice to build happiness into each day. Janet will share some practical techniques from the field of positive psychology to do just that. They include, among others, building your zest, spreading positive energy, acknowledging gratefulness, experiencing a daily personal victory and finding acceptance. You'll walk away with a handful of these easy-to-use strategies to add more happiness and pleasure into your life and caregiving experience.

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 motivational speaker, consultant and trainer, having spoken to hundreds of groups across the U.S. 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. For more information about Janet, see her website at www.AffirmYourself.com.

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 Janet Edmunson or Transformation Consortium** confirming your registration with information you need to join the webinar.

If You Can't attend on the Webinar Date: The webinar will be recorded. If you register for the webinar, you will receive a notice with the link to view the recorded webinar a day or two after the webinar. You then have about a month to watch the video at your leisure.

System Requirements:

PC-based attendees

Required: Windows® 8, 7, Vista, XP or 2003 Server

Mac®-based attendees

Required: Mac OS® X 10.6 or newer

Mobile attendees

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.