



Janet Edmunson

(Please forward this to anyone who may benefit)



Presents:

FREE WEBINAR

Cultivating Patience as a Caregiver

Join us for a FREE Webinar on September 20, 2016

Cultivating Patience as a Caregiver

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

Tuesday, September 20, 2016

(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 Janet's audiobook *Finding Meaning with Charles*

7:00 p.m. (Eastern)

6:00 p.m. (Central)

5:00 p.m. (Mountain)

4:00 p.m. (Pacific)

Registration Link: [Cultivating Patience as a Caregiver](#)

Webinar Description: One of the most frequent challenges that caregivers mention to me is patience and lack thereof. I found it also difficult to use patience during the difficult days of caregiving...and even on the easy days! Caregiving inherently takes time that we often don't have and emotional strength that has already been tapped. The constant strain of caregiving on our mood and outlook can thrust us into impatience without much effort.

In this webinar, we'll explore what we can do to cultivate patience in the midst of difficult caregiving pressures.

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.