



**Janet Edmunson**

*(Please forward this to anyone who may benefit)*



*Presents:*

**FREE WEBINAR**

***Handling Holiday Stress while Caregiving***

**Join us for a FREE Webinar on November 20, 2017**

## **Handling Holiday Stress while Caregiving**

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

***For family and professional caregivers***

Monday, November 20, 2017

*(The webinar also will be recorded for viewing later)*

7:00 p.m. (Eastern)

6:00 p.m. (Central)

5:00 p.m. (Mountain)

4:00 p.m. (Pacific)

Webinar will be approximately 30 minutes in length.

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

**Registration Link:**

<https://attendee.gotowebinar.com/register/1641110550373733122>

**Webinar Description:** Life and responsibilities don't stop for us to celebrate the holidays. Instead, we add them onto our already full plate as caregivers. In this webinar, Janet will share some tips to help caregivers cope with the stress of the holidays while finding ways to make them meaningful.

**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](http://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.

**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](mailto:janet@janetedmunson.com) with any questions you have about participating.

### **System Requirements:**

#### ***PC-based attendees***

Required: Windows 7 - Windows 10

#### ***Mac-based attendees***

Required: Mac OS® X 10.9 (Mavericks) – 10.12 (Sierra)

#### ***Mobile attendees***

#### ***Web Browser***

Google Chrome v34 or later  
Mozilla Firefox v34 or later  
Internet Explorer v8 or later  
Microsoft Edge v12 or later  
Apple Safari v6 or later

#### ***Software***

GoToWebinar desktop app  
JavaScript [enabled](#)

#### ***Hardware***

2GB or more of RAM

For more details or updates, go to this link:

[https://support.citrixonline.com/en\\_US/webinar/help\\_files/G2W010003?title=System+Requirements+for+Attendees](https://support.citrixonline.com/en_US/webinar/help_files/G2W010003?title=System+Requirements+for+Attendees)