

## Join us for a FREE Webinar on April 3

Free Webinar  
**Reduce Unneeded Negativity—for Caregivers**  
by Janet Edmunson, M.Ed.

Tuesday, April 3, 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.

**All attendees will be entered into a drawing for the book,  
*Positivity* by Barbara Fredrickson**

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

**REGISTER NOW**

Registration Link: <https://www2.gotomeeting.com/register/943346466>

**Webinar Description:** Applying skills to decrease the unnecessary negativity in your life can help bring you more positivity while caregiving. Janet will share in this webinar the power that negative thinking can have in derailing our peace and wellbeing at such a stressful time as when caregiving. She'll then give specific tips to help minimize the impact of that negativity that can so easily slip into our thinking. Throughout, she'll share her personal caregiving stories to demonstrate these principles. (To view Janet's other webinars on positivity for caregivers, go to [www.affirmyourself.com](http://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 is currently the Chair of the Board of Directors for the Foundation for PSP, CBD and Related Brain Diseases and 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](mailto:janet@janetedmunson.com) with any questions you have about participating.