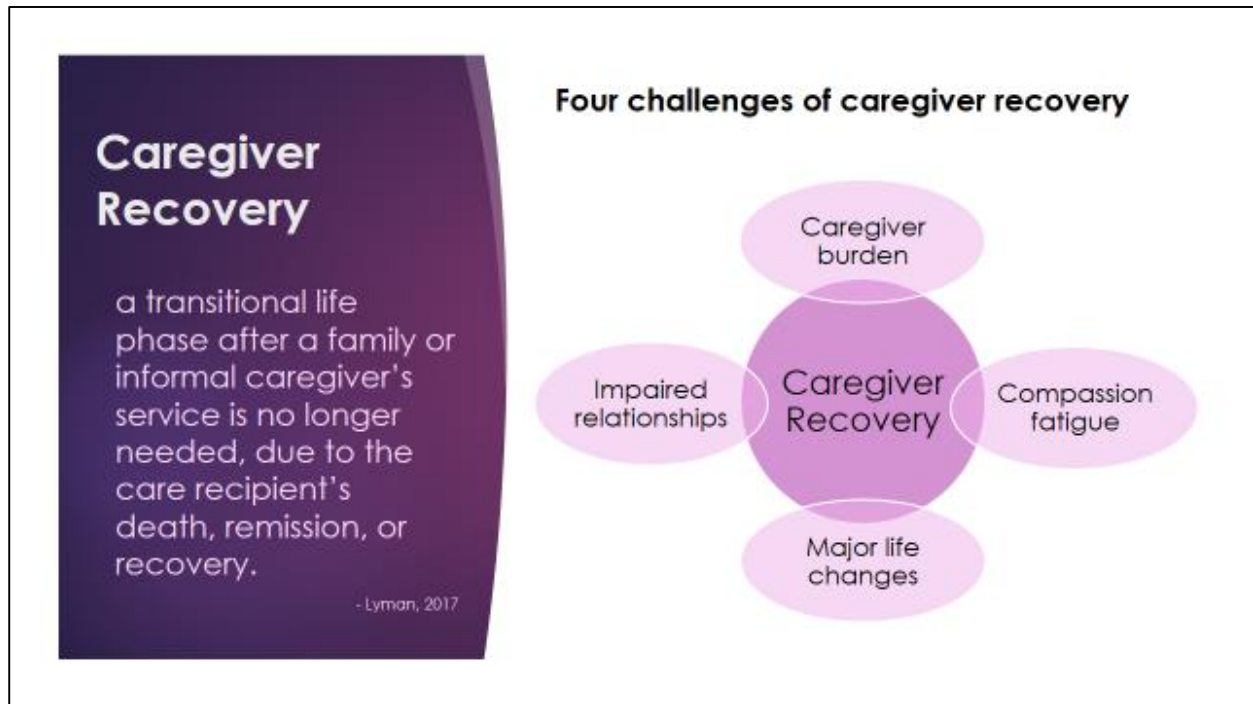


Diagram:

The Four Challenges of Caregiver Recovery

by Gale Lyman, RN, BSN, HNB-BC



Wise use of wellness information

The TLC Resource Center, Lyman Training & Consulting, The Lyman Center (TLC) and Gale Lyman provide general and educational information about health and wellness. Always seek the advice of your physician or other qualified health provider about wellness, health and medical problems. Never disregard medical or professional advice, stop medical care, or delay seeking medical care because of something you read on this website or a linked website, or otherwise learned from TLC Resource Center, Lyman Training & Consulting, The Lyman Center (TLC) and Gale Lyman.

TLC Resource Center

www.LymanCenter.com
Info@lymancenter.com

Calming and centering contemplative practices for senior citizens and family caregivers from Gale Lyman, holistic nurse, freelance writer and guest speaker.

Copyright © 2018 The Lyman Center - All Rights Reserved.