

# Calling All Caregivers Virtual 2024 Series

Please join us from the comfort of your home or office for the Be Well to Care Well Series of educational programs. The topics are of relevance to family and professional caregivers – anyone who is or will be called to care.



**All Programs Presented @ 10:30am - 12:00pm MT**

- \* 01/24: Well-Being – What’s It All About?
- \* 02/28: Physical Well-Being
- \* 03/27: Emotional/Mental/Behavioral Well-Being
- \* 04/24: Social Well-Being
- \* 05/22: Intellectual Well-Being
- \* 06/19: Spiritual Well-Being
- \* 08/21: Occupational Well-Being
- \* 09/18: Environmental Well-Being
- \* 10/23: Financial Well-Being
- \* 11/20: Caregivers – After the Journey Ends

**Individual Program Announcements are Forthcoming.**

**All Programs are FREE. Registration REQUIRED.**

**Email [CardinaLife@msn.com](mailto:CardinaLife@msn.com) to Register.**