

In Recognition of National Family Caregivers Month

# GIVING WITH CARE

## A TIME TO REFLECT ON THE COMPASSION AND DEDICATION OF FAMILY CAREGIVERS

DATE:  
**TUESDAY, NOVEMBER 30, 2021**  
TIME: 2–3:30 P.M.

TO RSVP:  
[tinyurl.com/29n96emw](https://tinyurl.com/29n96emw)  
or call 800.272.3900

Once registered, Zoom link will be provided.



To honor and support family caregivers for all that you do, and to celebrate the impact that you have on those you care for, **Special Guest, Julie Annette Bennett**, will share lessons learned from her book “The Phoenix Man” which details stories of her Alzheimer’s caregiving journey. Joining her will be **Gene Girimonte, Volunteer Community Educator**, exploring strategies for compassionate and effective communication with a loved one experiencing memory loss. Enhancing this discussion, **Family Caregiver Alliance** will offer guidance on incorporating mindfulness practices into your own self-care.



Julie Bennett



Gene Girimonte

IN PARTNERSHIP WITH  
**FAMILY CAREGIVER ALLIANCE**

