

Tuesday, January 19, 2010

10 a.m.-1 p.m., lunch included

\$10 Family caregivers

\$25 Professional caregivers



Strength, Stamina and Smiles: A Mini-Retreat for Caregivers

Are you caring for a loved one – a spouse, relative, neighbor or friend?

Take time to replenish your spirit with the wise words and humor of Janie Jasin. Janie is a best-selling author and award-winning humorist who provided care for her parents, Henry and Pearl, for over 15 years.

Cleary Alumni and Friends Center, UW-La Crosse
615 East Ave. N., La Crosse, Wis.
.2 CEUs available
Registration starts at 9:30 am

To register: UW-La Crosse Gerontology Program
Karen Langaard, 608.785.6504 or 1.866.895.9233 (toll free)
www.uwlax.edu/conted/gerontology



About Janie Jasin

Leading the audience through 20 years of her own foibles in business and personal life, Janie Jasin pulls everyone into the experience. Her revelations are human. Her listeners can relate. Laughter fills the room and a positive connection is quickly established. Her direct and humorous delivery laced with sage bits of wisdom seems simple. Her message is complex. Each listener will find a personal meaning in Janie's universal reflections. The big surprise is that it's fun. www.janiespeaks.com

"Janie Jasin is a master communicator and entertainer. She affirms confidence in people and self esteem. If a kiss could walk and talk, it would be Janie Jasin! CAUTION laughter and soft tears ahead." - United Hospital Professional Nurse Committee

Sponsored by: La Crosse County Aging Unit in partnership with
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