Caring Better & Braver

Conference Schedule

9:30AM - 10:45AM WELCOME & KEYNOTE *Heather Quackenboss*
From Care to Chaos and Back: Loving Them, Losing It, Bouncing Back Again

11:00AM - 11:45AM
BREAKOUT A *Mike McElwee, Christ Episcopal*
Considerations When Planning a Funeral

BREAKOUT B *Chaplain Chris & Dana Bistodeau, St. Croix Hospice*
Anticipatory Grief & Burnout

BREAKOUT C *Christie Harris, Gundersen Health*
HeartMath

11:45AM - 12:30PM LUNCH
Social Connection & Resource Booths

12:30PM - 1:15PM
BREAKOUT A *Mike McElwee, Christ Episcopal*
Considerations When Planning a Funeral

BREAKOUT B *Chaplain Chris & Dana Bistodeau, St. Croix Hospice*
Anticipatory Grief & Burnout

BREAKOUT C *Franciscan Spirituality Center*
Wellness Activity

Caring Better & Braver

Conference Schedule

1:15PM - 2:00PM

BREAKOUT A ***Dr. Larry Skendzel, Gundersen***

"We Need a Navigator!": Finding Your Way During Chronic Illness

BREAKOUT B ***Christie Harris, Gundersen Health***

HeartMath

BREAKOUT C ***Franciscan Spirituality Center***

Wellness Activity

2:00PM - 2:15PM BREAK

2:15PM - 3:00PM Caregiver Panel

"15 Things You Didn't Know You Could Ask For... and Take Off Your To-Do List!"

3:00PM CLOSING REFLECTIONS

Thank you!

ADRC Aging and Disability Resource Center of La Crosse County

LA CROSSE COUNTY CAREGIVER COALITION

LA CROSSE MEDICAL HEALTH SCIENCE CONSORTIUM