

CARING BETTER & BRAVER

A day of self-care & learning for family caregivers

**Main Speaker:
Kari Berit**

Event Highlights:

- S.A.N.E. Caregiver
- Stress & Wellbeing
- Long-Term Care
- End of Life
- Social Connection



**Register by
October 14!**

October 26, 2024

10am - 4pm

Holmen Area Community Center

**\$20 / person
Lunch Included**

**Call the ADRC
608-785-5700**

