

Join us for a Roundtable Discussion **Caring for the Caregiver**

THURSDAY, FEB 25, 2021 AT 2 PM

**Hear from our panel of experts
on how to care for yourself as a caregiver.**



Cynthia Driver,
Care Navigator,
*Live Well
at Home*



Erica Caldwell,
Hospice Liaison,
Bristol Hospice



Karen Powell,
Director of
Social Services,
Eskaton



Msgr. James
Murphy,
*Diocese of
Sacramento*



Let us treat you to coffee, everyone who registers
will receive an e-gift card to Starbucks.

Registration is required, please click [here](https://cfcssacramento.org/events):
cfcssacramento.org/events or call 916-840-2138

