



Create Your Daily Healing Plan

**TUESDAY, MAY 18, 2021
STARTS AT 10 AM**

We all experience daily losses and may struggle to heal as life changes. Are you grieving from the pandemic, the death of a loved one, a major life change, loneliness, or pain? This virtual, interactive event focuses on self-care and support, solutions, tools, and rituals to help find healing every day.

Speaker:

Denise Brown is an accomplished author and coach who speaks with humor, passion, and poignance as she draws on her own family caregiving experience. Named "One of 50 Top Influencers in Aging" by Next Avenue, Denise owns The Caregiving Years Training Academy and created the first online caregiving community, "CareGiving.com." Her insights have been featured in *The Wall Street Journal*, *The New York Times*, *US News & World Report*, and *USA Today*.

REGISTRATION REQUIRED

Sign up at this Zoom link: https://us02web.zoom.us/meeting/register/tZYqdO6przgJG9Y_3fwlecVwgRI4k_NVprDz

Or contact Catherine at 708.274.0052

This event is free.



Pathlights

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Formerly known as
PLOWS Council on Aging

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