

Understanding Caregiver Stress and Self-Care Strategies

MAY 16, 2024 AT 11AM

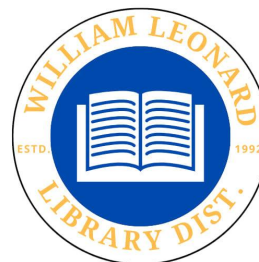
While taking care of a friend or family member may be a labor of love, it can also be extremely stressful. Kandis Draw at the Hospice and Palliative Care (HAP) Foundation will discuss the physical, emotional, and financial stressors that caregivers may face. Caregivers need to take care of their own well-being in order to be able to care for another person.

REGISTRATION REQUIRED

**Call William Leonard
Public Library at
708-597-2760.**

EVENT LOCATION:

William Leonard Public Library
13820 Central Park Ave,
Robbins



**EXPERT
SPEAKER:**

Kandis Draw,
Senior
Community
Education
Associate –
Research &
Advocacy for the Hospice and
Palliative Care (HAP) Foundation.



 **The HAP Foundation**
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