

# Understanding Caregiver Stress and Self-Care Strategies

**SEPTEMBER 19, 2024 AT 1 PM**

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. Together, you will explore tips and strategies for self-care.

This event is generously sponsored by Franciscan Village.

**EVENT LOCATION:**

Orland Park Public Library  
14921 S Ravinia Ave., Orland Park



ORLAND PARK  
PUBLIC LIBRARY



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**EXPERT SPEAKER:**

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



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**REGISTRATION REQUIRED**

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