

Understanding Caregiver Stress and Self-Care Strategies

MARCH 19, 2025 AT 2 PM

While taking care of a friend or family member may be a labor of love, it can also be extremely stressful. This presentation will discuss the physical, emotional, and financial stressors that caregivers may face. We will also explore tips and strategies for self-care. Caregivers need to take care of their own wellbeing in order to be able to care for another person.

EVENT LOCATION:

Tinley Park Public Library
7851 Timber Drive, Tinley Park



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SPEAKER:

Kandis Draw, CHW (she/her/ella), Senior Community Education Associate and Research & Advocacy with The HAP Foundation.



She provides free, public education for the community about issues pertaining to serious illness, including grief, caregiving, advance care planning and disparate access. She was recently recognized with the 2022 APHA CHW Section Leader Award.



REGISTRATION REQUIRED

**Scan this code or
call the library at
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