

Caregiver Wellness Day

Thursday, November 16, 2017 | 8:30 a.m. – 3 p.m.



This year's keynote speaker is Kari Berit. Whether you are currently in the midst of giving care or just beginning, Kari will teach you how to be a S.A.N.E. caregiver — Supported, Appreciated, Not-guilty, and Energized. For nearly 30 years, Kari Berit has been addressing professionals and families who

crave emotional support and a down-to-earth approach to caregiving. She has worked in senior housing, dementia care and as an eldercare guardian. Her education includes a B.A. in psychology and a master's degree in adult education. Her greatest education comes from the stories she hears from caregivers. She is the author of several books, including *The Unexpected Caregiver*.

Respite care is available upon request

For more information please call
Maria Donohoe: 319-297-8813



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Post Event Testimonials

Kari was dynamic and engaging. She kept the room's attention and looking forward to her next words. She was knowledgeable on the content area that she presented and was able to relate to the emotions that her audience of caregivers often experience. We appreciate the value that she brought to our event. It was truly one of the best events that we have had!

Jen Gasper <Jen@homechoiceseniorcare.com>

Kari is a very engaging speaker. She energizes the room and really hones in on the underlying concerns most caregivers deal with on a daily basis.

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