



Connecting with caregivers: helping those who help others

Are you currently a caregiver for a family member or friend with a chronic illness? Do you often find yourself looking for resources and support for yourself and your loved one?

Join the women's health and wellness service line for a community lunch and learn focused on caregiver education and support. Learn from author and caregiver expert Willetha Barnette on caregiving essentials and the importance of self-care. Enjoy a light lunch while gaining knowledge that will empower you as a caretaker and discover community resources and organizations that seek to enhance your caregiving experience.

Thursday, November 1, 11 a.m. to 12:30 p.m.
Novant Health Conference Center
3333 Silas Creek Parkway, Winston-Salem, NC 27103

This event is free, but seating is limited. Registration is required. To register, visit novanthealth.org/caregiverlunch . For more information, contact Sandra Brown at 336-718-7591 or sambrown@novanthealth.org.



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