The Memory Clinic Speakers Series at Saint Louis University

"The Importance of Caregiver Well-Being"

Amy Sobrino, MSW, LCSW
(Program Services Coordinator at Memory Care Home Solutions)
March 2nd (9:00am-10:00am)
Saint Louis University
3700 Lindell Blvd.
Morrissey Hall Suite 0002
Contact Number for Questions and Directions: 314-977-9759

Although caregivers sacrifice considerable effort and time tending to the needs of their loved ones, they often neglect their own personal well-being. In this talk, Amy will share some valuable tips and strategies that caregivers and carepartners can use to attend to their physical, emotional and social health.

These talks are open to only family or professional caregivers/carepartners in the community. There will be an activity hour available for loved ones of caregivers during this time.

Coffee and light breakfast will be provided!