



*Virtual Path to Positive Aging Series*

## ***Respite? You've got to be kidding!***

**How to take a break when you don't have time for a break.**

Especially for long-haul family caregivers, a fresh look at self-care.

**Join this VIRTUAL workshop for a look at:**

- ✓ 5 reasons you can't possibly take a break... and 3 reasons *you have to*
- ✓ Surprising new research on microbreaks
- ✓ Minute Mood Hacks — simple ways to do a quick refresh
- ✓ The big payoff of (even a little) time off
- ✓ The secret of slipping a break into your day
  - ✓ The man who danced in his room
  - ✓ The woman who played games on her iPad



**When:** Tuesday, May 16, 2023 3:00 - 4:00 pm

**Location:** Zoom Virtual Seminar

**RSVP:** Register online at [SeniorConcerns.org/seminars](https://SeniorConcerns.org/seminars) or Call 805.497.0189

**Presented By: Connie Baher**

Writer and speaker focusing on caregiving and life transitions

Author of *Family Caregivers: An Emotional Survival Guide*

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