



**Janet Edmunson**

*(Please forward this to anyone who may benefit)*



*Presents:*

**FREE WEBINAR**

***Minimizing Caregiver Fatigue***

**Join us for a FREE Webinar on March 6, 2018**

## **Minimizing Caregiver Fatigue**

by **Janet Edmunson, M.Ed.**

***For family and professional caregivers***

Tuesday, March 6, 2018

*(The webinar also will be recorded for viewing later)*

7:00 p.m. (Eastern)

6:00 p.m. (Central)

5:00 p.m. (Mountain)

4:00 p.m. (Pacific)

Webinar will be approximately 30-40 minutes in length.

Register online today by clicking the link below. Or paste the link into your browser.

**Registration Link:** <https://attendee.gotowebinar.com/register/5581056538138946049>

**Webinar Description:** If you are like most caregivers, you struggle with a feeling of fatigue, sometimes leading to full exhaustion. In this webinar, Janet will explore ways you can minimize your physical and emotional fatigue. In doing so, she'll also discuss ways to improve the quality of your sleep and the rest you need. While fatigue is a common denominator for many caregivers, it can help to understand it and begin to take some steps to reduce it.

**About Janet:** Janet has over 30 years' experience in the health promotion field. She retired in May 2007 as Director of the Prevention & Wellness for a staff of 20 at Blue Cross Blue Shield of Massachusetts. Since retirement, as President of JME Insights, she is a motivational speaker, consultant and trainer, having spoken to hundreds of groups across the U.S. While working full-time, Janet took care of her husband, Charles, during the five years he fought a movement disorder with dementia. Janet wrote about her experience in her book, *Finding Meaning with*

*Charles.* Janet has a Master's degree from Georgia State University. For more information about Janet, see her website at [www.AffirmYourself.com](http://www.AffirmYourself.com).

**Webinar Format:** You may participate in one of two ways:

1. The **first** viewing method is via access through the internet. You can view the presentation on your computer and listen via your computer speakers or USB headset connected to your computer.
2. The **second** option would use the internet and a telephone connection, or just the telephone. **Please note: If you use this second option, you may need to pay applicable phone charges from your telephone carrier.**

**Once you register,** you will receive an **email from Janet Edmunson or Transformation Consortium** confirming your registration with information you need to join the webinar.

**If You Can't attend on the Webinar Date:** The webinar will be recorded. If you register for the webinar, you will receive a notice with the link to view the recorded webinar a day or two after the webinar. You then have about a month to watch the video at your leisure.

**Space is limited** and registrations are taken on a first come first serve basis.

**For Additional Information:** You can contact Janet at [janet@janetedmunson.com](mailto:janet@janetedmunson.com) with any questions you have about participating.

### **System Requirements:**

#### ***PC-based attendees***

Required: Windows 7 - Windows 10

#### ***Mac-based attendees***

Required: Mac OS® X 10.9 (Mavericks) – 10.13 (Sierra)

#### ***Mobile attendees***

#### ***Internet Connection***

1 Mbps or better (broadband recommended)

#### ***Web Browser***

Google Chrome (most recent 2 versions)  
Mozilla Firefox (most recent 2 versions; Linux only)  
Internet Explorer v8 or later  
Microsoft Edge v12 or later  
Apple Safari v6 or later

#### ***Software***

GoToWebinar desktop app  
JavaScript [enabled](#)

#### ***Hardware***

2GB or more of RAM

For more details or updates, go to this link:

<https://support.logmeininc.com/gotowebinar/help/system-requirements-for-attendees-g2w010003>