

Workshop for Family Care Partners

The ABC's of Well-Being: Seven Fast and Simple Strategies for Finding Your Calm Center and Recovering Your Balance

Thursday, February 5: 6:30 PM – 8:00 PM

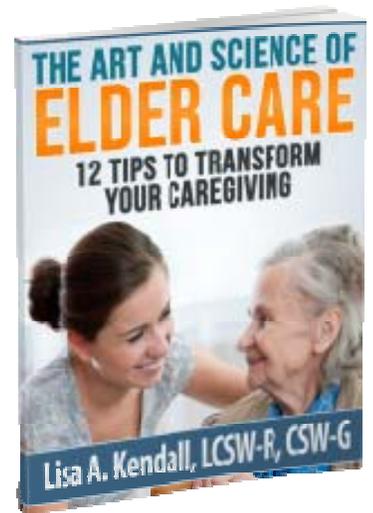
offered free of charge

**at the Tompkins County Office for the Aging
214 Martin Luther King Jr/State Street, Ithaca**

Presented by:

Lisa Kendall, LCSW-R, CSW-G

We've known for a long time that caring for an ill family member can create prolonged or high levels of stress, creating greater risk for developing chronic illness. In this busy world, it's important to notice when we feel stressed, and to quickly shift our minds and bodies to a calmer state, minimizing the impact of work and family stressors and reducing our vulnerability to illness.



In this workshop we will explore seven super-quick and fun ways to tap into your internal calming system, enjoy greater peace of mind, and learn about free resources to support your well-being. Lisa is a social worker and clinical gerontologist who specializes in aging and elder care, living with chronic illness, and trauma recovery.

Lisa is a social worker and clinical gerontologist who specializes in aging and Elder care, living with chronic illness, and trauma recovery. Formerly Senior Consultant for Work and Family Services at Cornell University and now serving on the President's Advisory Council for Work and Family Affairs, Lisa maintains a private counseling and consulting practice in Ithaca. She is an Educator and Mentor for The Eden Alternative™ and teaches the Fieldwork class for the Ithaca College Gerontology Institute. Lisa is a popular speaker at the local, state, and national level, and writes a blog on self-care for every member of the care partner team at www.lisakendallcounseling.com/blog.

The workshop is free, but **please register to attend:**

Phone: 274-5492 or E-mail: dstoyell@tompkins-co.org