

Community Caregivers Presents:

LUNCHTIME CHATS!

March 2025

ALL ARE WELCOME! DIAL IN TO HEAR ABOUT INTERESTING TOPICS
- IT'S FREE AND EASY TO JOIN!
SIMPLY DIAL **518-992-6661**, OR LET US KNOW IF YOU WANT US
TO DIAL YOU IN!

**Wed 3/5
@ 1 PM**

Empowering
Women, Shaping
Society

**Wed 3/19
@ 1 PM**

The Significance of
Cherry Blossoms

**Fri 3/7
@ 1 PM**

Dialing into History:
The Invention of the
Telephone

**Fri 3/21
@ 1 PM**

Powerhouse Women of
the Capital Region

**Wed 3/12
@ 1 PM**

Cooking Up Wellness
for National Nutrition
Month

**Wed 3/26
@ 1 PM**

10 Timeless Lessons
from the Stoics

**Fri 3/14
@ 1 PM**

**Caregiving Training Series:
Elevate your Impact!**

Caregivers, Boundaries, and
Self-Care: Nurturing
Yourself While You Nurture
Others

Speaker: Jennifer Harvey,
MSW, CDP

**Fri 3/28
@ 1 PM**

**Caregiving Training Series:
Elevate your Impact!**

Smooth Sailing: Guiding
Caregivers Through
Transitions

Speaker: Rebecca Sanders,
LCSW-R

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communitycaregivers.org

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