

You are invited

FREE seminar!

Family Caregivers

Who Is Taking Care of You?

Thursday, March 30

11:30am-12:45pm

To join the *Hawaii Pacific Gerontological Society's* webinar
"Family Caregivers"

CLICK [HERE](#)

- Are you silently suffering with stomach aches, heart palpitations and high blood pressure?
- Are you the only one doing all the chores by yourself because no one is helping you?
- Plus, do you want siblings to stop arguing, blaming, and pointing fingers at each other?

When your loved ones rely on you to take care of their needs, are you thriving or struggling? 60% of their Family Caregivers, barely hanging onto the emotional roller coaster, end up in the hospital themselves due to heartbreak and stress-related ailments.

About the Webinar

This webinar will explain CPR (Cure, Prayer and Relief), Humane vs. Destructive Caregiving, and how to delegate, collaborative teams and communicate effectively. In the end, all Mom and Dad want is PEACE.

Annette Pang, transformational coach, owner of Caring Manoa and Living Manoa, Licensed ARCH II Care Homes. Her Forgiven Family CPR Course empowers families to learn balance, lasting skills and gratitude.

