

What's this grief I feel? My loved one hasn't died yet!

Join us for a **FREE Webinar on January 29**

7:00 p.m./Eastern, 6:00 p.m./Central, 5:00 p.m./Mountain, 4:00 p.m./Pacific

For family and professional caregivers
by Janet Edmunson, M.Ed.

Webinar will be 30 minutes in length.

All attendees will be entered into a drawing for Janet Edmunson's book

Finding Meaning with Charles

Registration Link: <https://www2.gotomeeting.com/register/861527090>

Webinar Description: Caregivers often face grief before their loved one dies. Professionals call that anticipatory grief. In this webinar, Janet will share her experiences with anticipatory grief along with ways to help cope with it while you continue to care for your loved one.

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 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. She resides in South Portland, Maine.

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 Transformation Consortium** confirming your registration with information you need to join the webinar.

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 with any questions you have about participating.

Janet Edmunson, M.Ed., President & CEO, JME Insights (Speaker and Author of **Finding Meaning with Charles**)

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