



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

HOUSING BUREAU FOR SENIORS

SENIOR LIVING WEEK 2017



Workshop

**Tuesday,
May 9**

Finding Humor and Grace in the Caregiver Sandwich

Time: 12:00 PM - 1:30 PM

Location: Brookhaven Manor
401 West Oakbrook Drive, Ann Arbor, MI
(734) 747-8800



Whether you are a caregiver for a loved one or you work for an organization that serves or employs caregivers, Breeda Miller's humorous and heartfelt program provides respite from the exhausting work of caregiving and creates an environment of support. The Sandwich generation is caught between caring for elderly parents, children still at home, and demanding careers; the stress can be overwhelming. The importance of dignity for those in our care as well as the vital message of self-care are essential to helping caregivers maintain balance.

Speaker: Breeda Miller, Assistant Director, Events, Offices of Medical Development at Michigan Medicine, Caregiver

Workshop Registration

Registration is encouraged for all Workshops as seating is limited at many locations.
REGISTER EARLY.

Thank You Senior Living Week Workshop Sponsor Brookhaven Manor

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