



Speaker Event

**Topic – Acknowledging, understanding
and coping with caregiver stress**

Themes:

- How to recognize stress
- Impact of stress on yourself, family, work and relationships
 - Why it's important to deal with stress
- Ways to cope: strategies, resources and tools

Who Should Attend – Caregivers and patients
Amyloidosis patients & caregiver are invited to join in.

Date – September 19

Time – 10 am to 12 noon

Location - Astellas Room – 11th Floor – TGH

Speakers - Sarah Greenwood and Brigitte Talevski

RSVP – for numbers please **RSVP** to marsha@thecasn.org
1-877-303-4999 or 647-351-0532