

CARING BETTER & BRAVER



A day of self-care & learning for family caregivers

Main Speaker:
Heather Quackenboss

Event Highlights:

- **Compassion Resilience**
- **Stress & Wellbeing**
- **Future Planning**
- **Grief and Burnout**
- **HeartMath**
- **Navigating the Journey**

October 25, 2025
10:00am - 3:30pm

Health Science Center
1300 Badger St
La Crosse, WI 54601

NO COST!
Lunch Included

**Register
Now!**

Call the ADRC of La Crosse County to sign up
608-785-5700

Brought to you by:



LA CROSSE COUNTY
CAREGIVER COALITION



Aging and Disability Resource Center
of La Crosse County



LA CROSSE MEDICAL HEALTH SCIENCE
CONSORTIUM

