

Learn to Thrive

Self-care for Caregivers



Friday

Nov. 15 • 12:00 pm

Learn how Dave Nassaney—the Caregiver’s Caregiver, pod-caster, and author of several books—uses his own experience of caring for his wife for more than 23 years to help others produce extraordinary results in their own lives as well as in the lives of their loved ones.

**Presentation
&
Book Signing**

(complimentary book while supplies last)



Valencia Park/ Malcolm X Branch Library

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