



# Lunch and Learn

## No Roadmap: Caregiver Journeys

*with Margy Sanders, M.A., L.S.W.*

We have all either been or will be caregivers at some point in our lives.  
This can be challenging, but also offers moments of great joy.

- Tuesday, December 12
- Noon - 1:00 p.m.
- Regula Training Room 106
- Feel free to bring your lunch!