



LifeCare Webinars – 2019 Topics and Dates
Presented by Sherri Snelling, CEO of Caregiving Club

“Monthly Live Talks”

All dates are Wednesdays

All start times are 1pm ET/10am PT

Month	2019 Topic	Date
January	Resolution Solutions: A 12-Month Plan for Preparing to Care for Older Parents	January 16
February	A Caregiver’s Financial & Legal Wellness – How to Avoid the Caregiving Cost Drain	February 20
March	Home Sweet Home – Creating a Safe and Green Home for a Lifetime	March 20
April	7 Ways to Caregiver Wellness (National Stress Awareness Month)	April 24
May	C-A-R-E Conversations – When and How to Have This Important Family Discussion (May is Older Americans Month)	May 15
June	Caregiver Summer Travel Guide	June 19
July	An Alzheimer’s Nation: Caring for a Loved One with Dementia	July 17
August	Camp Caregiver – Best Practices for Finding Support and Respite Breaks	August 21
September	Care Transitions – What to Know About Hospital Stays, Home Care and Hospice	September 18
October	The Three Gears of Senior Driving	October 16
November	Caregiving Tech Gift Guide (National Caregiving Month)	November 20
December	How to Avoid Caregiver Burn-out – Breathe, Balance and How to Build Blessings	December 19