

# Sara Armstrong



**Change - Balance - Synergy**

**Keynote  
Break-out Sessions  
Lunch and Learn  
Half and Full day  
Seminars**

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## Transitions – Self-Care for the Sandwich Generation

Whether you are a child, spouse or grandparent involved in care giving this workshop is for you. It offers practical advice on how to survive the demands and stress of being a caregiver.

Sara Armstrong, a member of the Sandwich Generation, will reveal how to find the power and toughness to make it through this important and difficult time. She shares her own story of survival and discovery and reveals how to tap into the power of the human spirit.

The presentation is laced with humor and practical advice on being a caregiver.

You will learn:

- Simple but powerful tool to use as a caregiver
- Eight Truths for Caregivers
- Ten Commandments of Caregivers

**Contact us today to book Sara Armstrong for your event.**



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