



**Janet Edmunson**

*(Please forward this to anyone who may benefit)*



*Presents:*

**FREE WEBINAR**

***The Power of Forgiveness: How it can help caregivers***

**Join us for a FREE Webinar on February 27, 2019**

**The Power of Forgiveness: How it can help caregivers**

by **Janet Edmunson, M.Ed.**

***For family and professional caregivers***

Wednesday, February 27, 2019

*(The webinar also will be recorded for viewing later)*

7:00 p.m. (Eastern)

6:00 p.m. (Central)

5:00 p.m. (Mountain)

4:00 p.m. (Pacific)

Webinar will be approximately 30-40 minutes in length.

Register online today by clicking the link below. Or paste the link into your browser.

**Registration Link:** <https://tinyurl.com/forgivenessforcaregivers>

**Webinar Description:** Unique things can happen along the caregiver journey. A very close friend drops off the face of the earth as soon as your loved one's disease starts to progress. Your loved one starts to accuse you of things that you are definitely not doing. All the stress of caregiving brings back some emotions of difficulties you had with someone in the past. Others have done bad things to you or your loved one, and you are angry, frustrated and ruminating over it. I could go on, but you get it. How can we even think of forgiving others of grievances like these that we have. In this webinar, we'll learn how not forgiving others negatively impacts us, not the person we don't want to forgive. We'll look at some of the research about forgiveness to learn how to do it effectively and how to start to practice it. We'll learn that healthy forgiveness does not need to condone the egregious act of the other. The result of

learning about and practicing forgiveness can give us, as caregivers, a new perspective that can help us emotionally during the challenging times we are already in.

**About Janet:** Janet has over 30 years' experience in the health promotion field. She retired in May 2007 as Director of the Prevention & Wellness at Blue Cross Blue Shield of Massachusetts. Since retirement, as President of JME Insights, she is a motivational speaker, consultant and trainer. While working full-time, Janet took care of her husband, Charles, during the five years he fought a movement disorder with dementia which she wrote in her book, *Finding Meaning with Charles*. Janet has a Master's degree from Georgia State University. [www.AffirmYourself.com](http://www.AffirmYourself.com).

**If You Can't attend on the Webinar Date:** The webinar will be recorded. If you register for the webinar, you will receive a notice with the link to view the recorded webinar a day or two after the webinar. You then have about a month to watch the video at your leisure.

**Webinar Format:** You may participate in one of two ways:

1. The **first** viewing method is via access through the internet. You can view the presentation on your computer and listen via your computer speakers or USB headset connected to your computer.
2. The **second** option would use the internet and a telephone connection, or just the telephone. **Please note: If you use this second option, you may need to pay applicable phone charges from your telephone carrier.**

**Once you register,** you will receive an **email from Janet Edmunson or Transformation Consortium** confirming your registration with information you need to join the webinar.

**Space is limited** and registrations are taken on a first come first serve basis.

**For Additional Information:** You can contact Janet at [janet@janetedmunson.com](mailto:janet@janetedmunson.com) with any questions you have about participating.

**System Requirements:**

Use this link to learn the system requirements for your computer or phone:  
<https://support.logmeininc.com/gotowebinar/help/system-requirements-for-attendees-g2w010003>