CAREGIVERS: HOW TO CARE FOR YOURSELF AND YOUR LOVED ONE WITH HEAD AND NECK CANCER

Being a caregiver can be challenging due to the emotional, physical, and mental demands involved in caring for another person. Caregivers often experience high levels of stress, exhaustion, and burnout. This webinar will provide ideas on self-care, how to recharge, reduce stress, maintain health, and ultimately provide better care to loved ones.

MODERATOR
Michelle Chen, MD, Assistant Professor of Otolarynology-Head and Neck Surgery (OHNS), Stanford University

HNCA AMBASSADOR CAREGIVERS
Sue Lim - Oncology Nurse, Caregiver to her late husband Carl, lymphoepithelial-like carcinoma of the parotid gland, Seattle, WA

Allison Brieninger - Caregiver to husband Sean, a Fanconi Anemia, tongue, bladder, and throat cancer survivor; writer, speaker, caregiver advocate of The Negative Space, St. Paul, MN

Laine Bowman, MA, OTR, CLT-LANA, Caregiver to husband Brent, Team Leader, OTIII, Pelvic Health and Oncology Rehabilitation, The University of Kansas Health System, Lenexa, KS

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