



Don't Squish The Sandwich: Planning Not Panic

Join us for a discussion on how to help with caring for loved ones.

- Identify challenges adults face when caring for children & aging adults
- Identify potential risks for injury across the lifespan
- Discuss prevention measures for common injury risks
- Identify resources to support generational challenges
- Discuss the importance of self care and balance

SPEAKER:

Tracy Nerney, RN, BS. MMBA

**MONDAY
OCTOBER 17, 2022
2 - 3 P.M.**

**Cullen Recreation
Center
1776 Union Ave. Hazlet
Community Room**



Hackensack
Meridian *Health*