



LifeCare Webinars – 2016 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	2016 Topic	Date
January	Resolution Solutions: A 12-Month Plan for Preparing to Care for Older Parents	January 20
February	A Caregiver’s Financial Wellness – How to Avoid the Caregiving Cost Drain	February 17
March	Avoiding the “Goldilocks Syndrome” – How to Choose the Best Senior Housing and In-Home Care	March 9
April	Home Sweet Home – Remodifying Your Parent’s Home for a Lifetime of Safe & “Green” Living (Earth Day is April 22)	April 20
May	C-A-R-E Conversations – When and How to Have This Important Family Discussion (National Older Americans Month)	May 18
June	An Alzheimer’s Nation – Caring for a Loved One with Dementia and Brain Health Tips for You (National Alzheimer’s & Brain Health Month)	June 15
July	The Sandwich Generation’s Look at the 3 Gears of Senior Driving & Retirement (National Sandwich Generation Month)	July 20
August	Caregiver Guilt-Free Vacations (summer vacation season)	August 17
September	Fall Into the Best Caregiving “You” – Finding your Caregiving IQ and your Caregiving Real Age (National Healthy Aging Month and National Health Literacy Month next month)	September 21
October	Balance, Breathe, Relax – Creating Your Caregiving Circle of Support	October 19
November	Long Distance Caregiver’s Holiday Survival Guide (Holiday season)	November 16
December	Caregiving Technology – The Webinar Gift Guide	December 14