

# NATIONAL HOSPITALITY HOUSE WEEK SUMMER SPEAKER SERIES

at JW House

RSVP AT: [JWNHWW.EVENTBRITE.COM](https://www.jwnhww.eventbrite.com)



Hope • Hospitality • Healing



## WHAT ABOUT YOU?

*Taking care of yourself while taking care of others*

It is very common that caregivers put their lives on hold and neglect their own needs and health. Learn to manage the delicate balance between taking care of yourself and taking care of a loved one.

**TAMI ANASTASIA, M.A., CSA**

**Thursday, July 25, 6:30-8 pm**

Registration is free, but a donation of \$25/person is suggested. Light refreshments will be provided. Registration is limited and first-come-first serve. To learn more about JW House, visit [www.jwhouse.org](http://www.jwhouse.org).