



VIRTUAL WEBINAR

## *Stuck in the Middle: The Sandwich Generation*

**Tuesday, July 13 | 1:00 p.m.**

Zoom Meeting ID: 967 9422 6585

**Wednesday, July 14 | 6:00 p.m.**

Zoom Meeting ID: 941 0572 7548

Sunrise of Redwood City presents a discussion on the unique challenges faced by the sandwich generation, defined as adults who are raising their children and caring for their aging parents simultaneously. The presentation will be led by Tami Anastasia, senior care expert, educator, and author. Tami holds a Master's Degree in Counseling from Santa Clara University.

\*We are offering two different days and times for this discussion, so please note it is not a two-part event.

**To learn more, contact us today at [650-885-7992](tel:650-885-7992)  
or [RedwoodCity.DOS@sunriseseniorliving.com](mailto:RedwoodCity.DOS@sunriseseniorliving.com).**



FOUNDERS CLUB SPOTS  
AVAILABLE. EXCLUSIVE  
REWARDS AWAIT.



**REDWOOD CITY**