

# Caring for the CareGiver

## (The Sandwich Generation)



**September 16, 2021**  
11am - 1pm mdt via Zoom

FREE Registration:  
<https://bit.ly/3keaoDg>

### Technology Resources Panel Participants



**Karen Brown**  
*iAging*



**Matt Isola**  
*Matt Isola's Tech Help  
& Consulting*



**Pat Kelly**  
*Routinify*

### Caregiver Respite Panel Participants



**Kelly Osthoff**  
*Alzheimer's Assoc.*



**Lori Ramos Lemasters**  
*CarePartnersResource  
and Consulting*



**Sandy Priester**  
*LifeSpark Cancer Resources*

### Self-Care Panel Participants



**Krista Igoe**  
*Karigo Healing Arts*



**Robert Sanders**  
*Mental Health and Peace*



**Shane Sale**  
*Inner Light Shines*

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**AgeWise** *colorado*



**Bob Brocker**  
*President*  
*AgeWiseColorado.org*

*You Define Wellness*



**Denise O'Malley**  
*Founder*  
*YouDefineWellness.com*



Register at - <https://bit.ly/3keaoDg>

Learn more at AgeWise Colorado – [www.AgeWiseColorado.org](http://www.AgeWiseColorado.org)