



## Caregiving Stress can take as much as 10 years off of a family Care-Giver's life

Leeza's Care Connection is a place to go to ask questions and find solutions when someone you love gets sick or is facing a new health diagnosis and you are wondering "Now What?"

### We Are

A community characterized by an energetic and positive outlook to caring for your mom, your dad, husband, wife, child, neighbor or friend.

### What We Do

We uplift and empower Care-Givers to call on their courage and summon their strength when they are searching for ways to adapt to their "new normal" and must handle the ever-changing demands of caring for someone they love.

### How We Do It

We educate, guide, coach and connect families; to resources and to each other. Innovative self-care classes, educational workshops, activities designed to reduce stress and promote a more positive outcome along with social events are offered each month so whoever is providing care can feel more knowledgeable, confident and comfortable with their role.

### Our Goal

Our team works passionately with one urgent goal in mind: to create an atmosphere of encouragement and empowerment allowing caregivers to flourish and thrive so both the care-giver and the care-receiver get the best possible outcome.





# Serving the Midlands



An energetic, uplifting, Care-Giver focused, resource center serving the midlands; leading the way to meet the ever-increasing needs of families, neighbors and friends.

A free community resource center supporting seniors, baby boomers and family members of all ages and difference caregiving needs.

A one-stop-shop; a place to get educated, gain confidence, and connect with others on a similar journey, so no one has to feel like they are walking this path alone.

A safe place to share your experiences and be heard, and to develop the necessary skills to handle the constantly changing demands of caregiving.

Leeza's Care Connection encourages family members to care for themselves while caring for another person so both the person providing the care and the the person receiving the care get the best possible outcome.

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