

## Staying Curious & What It Means to Look After Your Emotional Hygiene

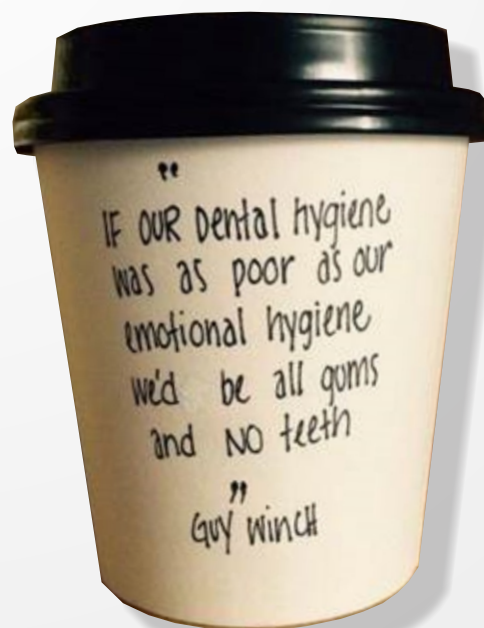
Speaker: Naomi O'Brien, Respite Services Manager,  
Seniors Community Programs, Community Services

**Wednesday, November 27, 2019**  
**10am - 12pm**

**Pfizer Room**

Alzheimer Society of Niagara Region  
#1 - 403 Ontario St., St. Catharines

Naomi O'Brien has an extensive 22 year career supporting seniors and caregivers both internationally and across Niagara. She will share strategies on how to practice emotional hygiene as well as build on your understanding of effective self-care and coping strategies. Her dynamic and highly engaging style will help you recognize the difference between 'burn out' and compassion fatigue, and what resources you can pack into your "tool-kit" to ensure you can continue making the rest of your life, the best of your life!



**REGISTER TODAY!**

**905-687-3914**

**REGISTER ONLINE:**

**[CLICK HERE](#)**

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FREE  
ZONE**

Scent Free Zone: Please do not wear perfume, cologne, aftershave, or any other fragrance. For the comfort of everyone using this space, be advised that this policy is enforced. If you are wearing a fragrance, you may be asked to leave the building. Thank you for your cooperation and understanding.