

Presenters for Honoring the Heart of Care: Online Virtual Wellness Courses

November is recognized as National Caregiver Month, and we are dedicated to honoring the unsung heroes who selflessly give so much of themselves.



Dr. Abhilash Desai

Title:
From Burnout to Joy in
Dementia Care-Partnering



Kris Ford

Titles:
Yoga, breath work and
meditation
Chair yoga and breath work
Yoga nidra and breath work



Leslee Blanch

Titles:
Fitness Made Simple
Embracing Gratitude
Improving Sleep
Stress Management
Mindfulness



LaDessa Foster

Title:
Nurturing a Self-Care Mindset



Kayla Jones

Title:
A Day of Hope

“There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.” - Rosalynn Carter



cambiahealthfoundation.org



bpahealth.com



alz.org/Idaho