

WEBINAR &
DINNER ON US

AEGIS LIVING PRESENTS

Caregiving and How to Cope

BETSY ZUBER,
MS, GMHS, LMHC
OF ZUBER COUNSELING

Friday, April 30th
2:00 – 3:00 pm

Please RSVP by scanning
the QR code, or by visiting:
qrco.de/betsyzuber



JOIN US

for a webinar on caregiving, self-care, and how to cope with burnout. Betsy will be sharing her tools to help minimize stress while caring for a loved one.

In the spirit of self-care, enjoy a delicious dinner (lobster mac & cheese!*) from our talented Chef Joe Pierce after the webinar. Caregiving is hard work and we'd like to treat you—meals are complimentary and will be ready for you to pick up at our Issaquah and Newcastle communities (you choose) on Friday April 30th between 4:30 and 5:30.

To reserve dinner from either community, email IssaquahMktg@aeGISliving.com. Meals are limited, so please RSVP by April 23rd.



**Betsy Zuber,
MS, GMHS,
LMHC**



SCAN ME

Aegis Living

ISSAQUAH

Assisted Living | Memory Care

780 NW Juniper St,
Issaquah, WA 98027

425-298-3969

Aegis Gardens

NEWCASTLE

Assisted Living | Memory Care

13056 Southeast 76th St,
Newcastle, WA 98056

425-970-6708

*Vegetarian and non-shellfish options are available.

