

# WHO CARES? YOU CARE.

## Taking Care of the Cancer Caregiver

**It's true what they say. . .you can't fill a cup by pouring from an empty pot.**

Faced with the cancer diagnosis of a loved one, the caregiver embarks upon his or her own unique cancer experience in support of the patient. While the instinctive reaction may be to focus all available time, energy and concern on the patient, doing so at the cost of your own health and well being can be detrimental to both the caregiver as well as the patient.

Exploring the complex gifts, challenges and fears associated with cancer diagnosis and treatment, this **free** educational workshop examines the roles, responsibilities and limitations of the caregiver while providing tips, tools and techniques designed to help cope, manage and navigate through the cancer journey. Recognizing, accepting and addressing your own emotional and physical needs can help replenish and restore the strength, spirit and mental resolve needed to better equip you to care for your patient.

"WHO CARES? YOU CARE" IS PRESENTED THROUGH A GRANT FROM THE CARTI FOUNDATION. THERE IS NO COST, BUT PRE-REGISTRATION IS REQUIRED.



**Tuesday, August 29**  
**5:30 p.m.**

*Register by August 25*

CARTI Cancer Center  
8901 CARTI Way  
Little Rock, AR 72205

### REGISTRATION FORM

Please Print

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

*Mail completed form to:*

*Community Outreach • CARTI • PO Box 55050 • Little Rock, AR 72215*

*Register by phone at 1.800.879.8618 or via email at [cgarrett@carti.com](mailto:cgarrett@carti.com).*