



Who Cares?
You Care.



Taking Care
of the Cancer
Caregiver

**It's true what they say. . .you can't fill
a cup 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.

**To register,
or for more information, contact:**
Carolyn Garrett,
Patient Resources Coordinator
501.660.7610 • cgarrett@carti.com

**Tuesdays
5:30 p.m.**

- MARCH 6, 2018*
- APRIL 10, 2018
- MAY 8, 2018

Second Floor,
Community Education Room
**March 6 is in the Family Consult Room*

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.*