

What Happened to My Life?

Healing from and Prevention of Compassion Fatigue.... ...an Oasis for Caregivers

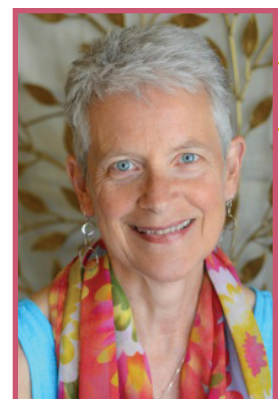
Fatigue from caring for others affects the quality of our lives, our families, friends and loved ones. Many of us have an overdeveloped sense of needing to help and underdeveloped sense of one's own life and happiness. If you sense you are suffering from compassion fatigue, it is likely you are. Becoming aware of compassion fatigue is the first step in dealing with and preventing it. What Happened to My Life? is an opportunity to begin the life-changing journey of sustainable self care. There will be time for reflection, exploration and connection. In the company of others, we will begin the journey of authentic self care. Please join us. Seating is limited. Please register at: www.JulieInterrante.com. **Registration deadline: June 1 (or when filled)**

Saturday, June 27, 2015
9am – 1pm Workshop

1pm Lunch is served
Fee: \$35 includes lunch

Facilitator: **Julie Interrante, MA**, has more than 25 years' experience in working with people in the midst of life-altering circumstances including illness and aging. She is an adjunct professor in the Dept. of Psychology at Sacramento City College and author of "The Power of a Broken-Open Heart". Visit www.JulieInterrante.com for more information.

We Thank Our Sponsors:



El Dorado Hills Senior Center
990 Lassen Lane, El Dorado Hills, CA
916.358.3575