



# LA COUNTY

## Wellness Webinars

Brought to you by the Wellness Council of Arizona



The Sandwich Generation are those who care for their aging parents while supporting their own children. Many find themselves being “squeezed” in between caring for younger loved ones and elderly parents or family members. Attend this webinar to learn more on the subject and to learn helpful tips to help minimize the “squeezing”.

## Spread Thin: The Sandwich Generation

### Register Here

Participant will receive a confirmation email with the attendee link and call in number upon registration.

**Date: January 16, 2019**

**Time: 12:00pm – 12:45pm**