

April Public Lecture

# So Who is Taking Care of You?

Join Janet Lovegrove (Health and Wellness consultant) as she compassionately shares self care strategies to empower individuals to action, with practical and informed ways to appreciate and promote your own health and wellbeing.

**Monday April 24th, 2023**

**7:00pm - 8:00pm**

This event is being offered over Zoom  
Please [click here](#) to register

Questions? Please call 1-800-565-4614



Janet Lovegrove, a Registered Nurse, BScN, MSc, CPMHN will be sharing her knowledge and wisdom from over 20 years supporting caregivers of persons living with dementia. The Alzheimer Society thanks Ms. Lovegrove for sharing her time with us.