



# Third Shift:

## Balancing Work, Life & Eldercare

*Presented by Donna Fedus, MA, Gerontologist*



The work/life balance is a familiar struggle. When family caregiving is added to the mix, it can feel like you're working a third shift, and there's never enough time to meet all the needs. Join us to think through your

options systematically with a gerontologist and support from others on the same journey. We'll:

- Examine what needs doing and who can help inside and outside of work.
- Identify resources and practical strategies to meet the changing needs without doing everything yourself.
- Discuss ways to set respectful boundaries with your elders.

***Please Register by Tuesday, March 14<sup>th</sup>***

**Join us for this FREE Educational Webinar**

**Wednesday, March 15<sup>th</sup>**

6:30 - 7:30 p.m.

**To Register**

**267-393-4454**

**[TheArtisWay.com/YardleyEvents](http://TheArtisWay.com/YardleyEvents)**

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**Virtually Hosted by Artis Senior Living of Yardley:** 765 Stony Hill Road, Yardley, PA 19067

Check out our other nearby communities in Huntingdon Valley, PA, and Princeton Junction, NJ.

