



# Overcome challenges of dual caregiving



Learn tips on caring for both your loved ones and yourself. Join our live webinar on Wednesday, November 12, 2025 at 1:00 p.m. CT. Scan the QR code to [register now](#).

Attend this webinar to:

- Identify common caregiving stressors
- Explore effective ways to balance the demands of caring for both children and elderly loved ones
- Describe self-care techniques to prevent burnout

**Visit your member website for more information.**