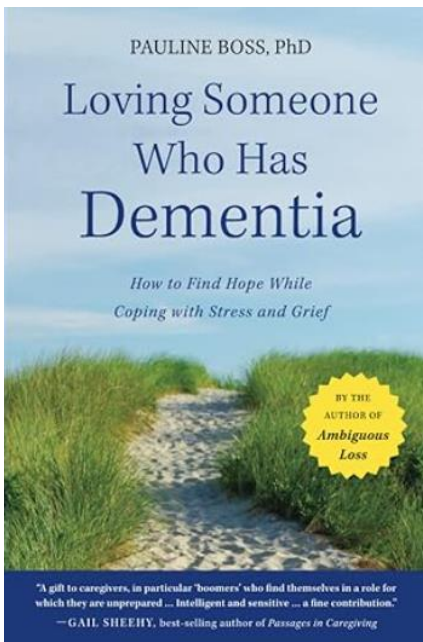




Virtual Winter Book Club

Wednesdays, January 17 – February 21, 2024

Noon – 1:00 pm



In this book, Dr. Boss shares how to manage ongoing stress and grief experienced by family caregivers. Dr. Boss helps caregivers find hope in "ambiguous loss"—having a loved one both here and not here, physically present but psychologically absent.

Register at www.adrcevents.org or call the Aging & Disability Resource Center at 715-839-4735.

Participants will receive a link to join each week and must have an email to join. Books are available on Amazon, or contact the ADRC, a limited number of books are available.