



SNAP CAREGIVER SUPPORT GROUP WELCOMES

## KAITLIN MEADOWS

Kaitlin, a retired hospice nurse, multi-media artist, community activist, and award-winning poet will share stories and insights from her 40 years of experience in weaving creative play, childish laughter, and inspired fun into her healing practice. Kaitlin is a lively, experienced motivator who will share with you her practical, specific techniques for using creativity as a way to help prevent burn-out and reinvigorate your caregiving. Come learn how fanning your creative spark can help you and those you care for have a far richer, deeper, more heart-felt connection. Prepare to laugh, cry and be inspired!

**DATE – THURSDAY, JULY 19, 2018**

**TIME – 2:00 PM UNTIL 3:30 PM**

**BROOKDALE VENTANA CANYON, 5660 NORTH KOLB**



Kaitlin Meadows has devoted a significant part of her nursing career to hospice care and the “death with dignity” movement. Her specialty is helping “cultural creatives” (intelligent, independent, eclectic souls who never quite fit into conventional categories) and their caregivers with the complicated tasks of “tying up of loose ends” that often overwhelm, confuse, and exhaust families. Kaitlin has helped hundreds of patients work on amends-making, relationship resolution, spiritual reconnection, and collecting their creative legacy in

photographs, letters, poetry, and art. Kaitlin is dedicated to the belief that making “end life” a creative, stimulating, and soul healing experience can be good medicine for both patient and caregiver. Kaitlin speaks with experience, candor, empathy, and is presently caring for her terminally ill 80 year old beloved husband.

**Learn more: [www.sunrisesnap.org](http://www.sunrisesnap.org) or email: [monicaspigelman@sunrisesnap.org](mailto:monicaspigelman@sunrisesnap.org)**