

BHEA WORKSHOPS ○

# LOSS AND RESILIENCE WITH AGING

Guest speaker Kathie Supiano, PhD will review the losses associated with the ageing process and how family caregivers of older adults can tend to the loss and resilience in their older family members and in themselves. Kathie is the Director of Caring Connections - a hope and comfort in grief program - at University of Utah's College of Nursing, and is an expert in this field.

**Thursday,  
September 8<sup>th</sup>  
6:00 - 7:00 pm**

**Blomquist Hale Employee Assistance  
Salt Lake City Office  
860 East 4500 South, Suite 202  
Salt Lake City, UT 84107**

**Call 801-262-9619 or visit  
[blomquisthale.com](http://blomquisthale.com) to reserve a seat!**