



“A much needed resource - *Take Care!* offers tools and support for all caregivers. Jen’s journey has led her to this important work. Don’t miss her personal story of compassion, heartache and best of all HOPE for all that’s needed to find balance while caring for others.

At some point in each of our lives - we will need this important toolJen takes a serious subject and offers positive steps to refresh the role of the caregiver ... *Take Care!* is the modern approach to caring for yourself while caring for others!”

---Leslie Sansone, Creator of the #1 In-Home Walking Program in the world



our personal lives. By the end of her talk, Jennifer had a long line of our associates anxiously wanting to thank her personally and share their own personal stories with her. Jennifer took time to thoughtfully listen and respond to each question and offer some of her expert advice. But most importantly, while sharing a wealth of information with all of us, Jennifer explained how essential it is to take time to care for yourself.

It was a successful event, and the company received many thankful notes for bringing Jennifer to GSK.”

---Marianne Puhl, Human Resources Coordinator, GlaxoSmithKline Consumer Healthcare

“GlaxoSmithKline invited Jennifer to speak to its administrative professionals at its annual Administrative Professionals Day Breakfast. A very diverse age group was present. Some who are still raising their younger families and others who now have the challenge of taking care of their elderly parents or ailing spouses. It can be physically, mentally and emotionally exhausting being a caregiver. Jennifer’s talk on ‘Taking Care of Yourself While Taking Care of Others’ was such an informative and inspiring one that was very well received by all in attendance. Jennifer was sincere and spoke from her heart in sharing some of her own personal experiences. She touched everyone in the room. We all tend to lead such busy lives, especially those of us trying to be successful in our careers while supporting others and juggling

“As part of wellness initiatives, Jennifer spoke at a lunch ’n learn with employees to talk about her personal experiences. She quickly made a connection as people realized she wasn’t just a media personality but rather a mother, daughter, wife, and friend who experiences the same stresses many of us do in just trying to keep ourselves healthy while trying to “be there” for everyone else in our lives. Her tips and inputs helped the attendees realize it’s not just OK to make time for yourselves, it’s absolutely necessary!”

---Marlene Rigby, Health & Safety Coordinator, PPG Industries, Inc.