

# CAREGIVER CONNECTIONS

Our Caregiver Connections virtual group provides people caregiving for a loved one with cancer a safe space to connect with others. This group is led by masters level social workers who provide emotional and practical support.

**THURSDAY, JANUARY 21, 2021 • 10:00-11:30am (CST)**

***FILL YOUR CUP / NUTRITION AND RESOURCES FOR OUR CAREGIVERS***



## **Karen Smith, MD, RD, LD, CSO**

Manager of Dietary Services at Texas Oncology

Karen Smith has over 20 years of practice in nutrition and dietetics and is a masters prepared registered dietitian with advanced training in oncology nutrition. During her career, she has had the privilege to work with thousands of adult and pediatric oncology patients and their families to support them through their cancer journeys. Karen believes that each person who has been touched by a cancer diagnosis deserves excellent, evidenced-based care delivered by knowledgeable, committed and compassionate teams who work together to benefit their patients and advance oncology services. When she is not at work, Karen loves to visit state and national parks with her two children and tries to keep up with her triathlon training.

### **SESSION TAKE AWAYS**

- Caregiver work is valuable and deserves support
- Provide the body with nourishing foods and hydrating fluids to get that support
- Patterns of eating can help our minds and bodies heal faster, stay well and perform better under stress

**Register for FREE today at**  
**[texasoncologyfoundation.org/programs/  
support-groups](https://texasoncologyfoundation.org/programs/support-groups)**