

**Municipality of Bethel Park  
5100 West Library Ave.  
Bethel Park, PA 15102**

**NEWS RELEASE**

**Contact:** Kimberly Weightman Phone: 724-263-8397  
Public Relations Coordinator

**Date:** March 17, 2021

**FOR IMMEDIATE RELEASE**

**Bethel Park's "Live Well" Speaker Series to present "Caring for the Caregiver" next Wednesday**

*Bethel Park, PA* – If you are a caregiver and need support, plan to attend "*Caring for the Caregiver*" on Wednesday, March 24 at 7 p.m. via Facebook Live on the Municipality of Bethel Park Facebook page. This free program will be presented by Dr. Timothy Campbell, chief medical officer at Gallagher Home Health Services & Hospice.

"Most of us will be caregivers at one time or another in our lives," said Dr. Campbell. "And, the mental, physical and emotional well-being of those whom we care for is often in the front of our hearts, minds and efforts. Unfortunately, the delivery of that care may occasionally be at great personal expense. We often prioritize the health of those for whom we care over our own well-being."

During this presentation, Dr. Campbell will offer a variety of evidence-based, simple-to-apply, "ninja skills" to help the caregiver cope.

This program is appropriate for anyone who touches a patient in any personal, family or healthcare discipline.

#