



Attn: Assignments Editors / Calendar Editors – November 12 Special Event

National Caregiver Advocate Leeza Gibbons To Lead Free Caregiver Tele-learning Session

WHO: Caregiver advocate and celebrity interviewer Leeza Gibbons

WHAT: Leads a free telephone learning session for caregivers titled **Breathe, Believe, Receive**

*Everyone knows that CPR can save a life, but **BBR** can be just as important! **Breathe, Believe, Receive** is the message for caregivers delivered by Leeza Gibbons based on her own experience. Leeza talks about how knowing these three tools can lower your blood pressure, aid in digestion, boost your immune system and offer you a number of other wellness and sanity benefits during your caregiving challenge.*

WHEN: 3 – 4 p.m. November 12, 2010

CALL: 1-877-7987 or 1-866-390-6491 (toll-free)

ONLINE: www.caregiverteleconnection.org



BACKGROUND

The Alamo Caregiver Teleconnection (San Antonio area) and Capital Area Caregiver Teleconnection (Austin area) present a special family caregiver session for National Family Caregiver Month (November).

Leeza Gibbons, an internationally recognized celebrity journalist, is founder of the non-profit Leeza Gibbons Memory Foundation and its signature program Leeza's Place. She has been a tireless advocate for caregivers, particularly those dealing with loved ones afflicted by Alzheimer's disease. Her book *Take Your Oxygen First: Caring for Yourself while Caring for Someone with Memory Loss* details her personal experiences trying to help her family through her mother's and grandmother's journeys through Alzheimer's.

To sign up for the Leeza Gibbons tele-learning session, call the numbers above or log on to the **Caregiver Teleconnection** website.

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For media inquiries

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