



Don't Get Eaten Alive!

The Sandwich Generation:
Multigenerational Caregiving



FREE Community Event | Saturday, May 11th | 10:00 - 11:30 AM

A Discussion with Faculty Members, Dr. Jane Snyder and Dr. Patricia Hugenberg

A 2023 Washington Post article suggests that the “sandwich generation” of caregivers can now be referred to as the “panini” or the “club sandwich generation” (Charg, E., March 22, 2023). Caretakers are squeezed on both sides, or at times on three sides, not only addressing the complex needs of aging parents, but also of adult children and maybe grandchildren. The stressors can be overwhelming, affecting family dynamics emotionally and financially. Join our dialogue about these powerful experiences and share strategies for self-care.

**To register, scan QR code or visit:
tinyurl.com/bgsp-may11**

Attend in-person at BGSP or virtually via Zoom*

