



Central Coast VNA
& Hospice Presents

CARE FOR THE CAREGIVER WELLNESS SUMMIT + SPEAKER SERIES

Learn how to care for yourself while continuing to care for others.

As part of our **75th Anniversary**, Central Coast VNA & Hospice invites you to a meaningful community event designed to **support and connect our community of caregivers**. This is **one of three special events** VNA is hosting as part of this milestone celebration.

A special, **free** event for anyone who has been, is currently, or will one day be a caregiver. Enjoy **complimentary food and beverages**, enter to win **raffle prizes**, and explore **information resource tables** featuring local organizations and services dedicated to supporting caregivers.

Event Information

Date: May 12th, 2026
Time: 11 AM - 1 PM
Location: Courtyard by Marriott Sand City,
800 Morgans Way, Sand City
Tickets: Attendance is free, but tickets are limited. **RSVP Today!**

Key Takeaways

- Affordable community resources and support
- The hidden work and emotional realities of caregiving
- Practical, sustainable strategies for caregiver wellbeing
- Spiritual and emotional care at the end of life
- What caregivers wish the healthcare system understood
- Grief before and after loss
- Key takeaways to combat burnout in caregivers

Meet Our Panel



Chris Punsalan

Content Creator,
tendercare Creative
Director & Head of
Community



Trevor Jones

VNA Spiritual Care Counselor



Laurie Wheeler

End-of-Life Doula



Katya Kuska

VNA Medical Social Worker

RSVP TODAY!

[Click Here to Learn More & RSVP](#)

Or Visit

ccvna.com/event

Missed your spot? Stay tuned for our
August and October events!

Email legacy@ccvna.com
to get early access and information for our
upcoming August and October events.