

Article from Temiskaming Speaker Wednesday April 24, 2013

## Englehart Public Library book signing with **Christine Brownlee**, April 17<sup>th</sup>



*Christine* joined us at the library for the evening to sign copies of her new book, **A Caregiver's Story**.

*Christine* outlines 7 tips to help navigate the enormous life changes and find balance, whilst caring for a loved one who has found themselves in need of care. Oftentimes, caregivers can feel lost and overwhelmed when faced with these changes.

*Christine* offers valuable advice to caregivers on how to care for themselves, which in turn helps them to balance the workload. This book is a great resource for those caring for a loved one in difficult circumstances. We were thrilled to have *Christine* at the library to share in her success!

### **Jamie Lee Pothier Testimonial**

I'm not finished the book yet but will be soon. This book is amazing and a must read for everyone.... You never know when you will be put into this role but its better to be prepared than not....Christine Brownlee does an amazing job a preparing everyone..using real terms and real services even in a small community!!! Excellent job Christine! Jamie Lee Pothier