

“I Didn’t Sign Up for This!”

Hope for Parents of Special Needs Kids



Come to this guilt-free presentation and learn:

- What is the #1 way to maintain a healthy family?
- What are some tools for managing caregiver fatigue and burnout?
- How can I fit it all in?

Sara Borgstede is a writer, speaker, triathlete, 100 lb weight loss success story, and mom. She and her husband Mike have 5 children, including 2 adopted with special needs. They were foster parents to 35 children and lived to tell about it. Check out her blog at www.saraborgstede.com.

