



# The 3rd Annual Care Summit: Empowering Caregivers with Health & Wellness Resources

*Supporting Those Who Care: A Day of Education, Connection, and Celebration*

INDIANAPOLIS, IN, UNITED STATES, September 13, 2024 /EINPresswire.com/ -- Caregivers are the unsung heroes of our communities, dedicating their lives to the well-being of others. This year, the 3rd Annual [Care Summit](#) is set to honor and support these individuals with a comprehensive health and wellness fair designed to address the unique challenges they face. Scheduled for September 21, 2024, from 10:00 AM to 4:00 PM at the Fay Pavilion, 2990 W 71st St, Indianapolis, IN 46268, this free event promises to equip caregivers with the tools, resources, and community connections they need to thrive.

The Care Summit is a beacon of hope and support for caregivers, providing a platform where they can learn, connect, and rejuvenate. This year's summit features a diverse array of workshops, panel discussions, and exhibits tailored to address the most pressing issues in caregiving today. From stress management techniques to healthcare guidance, the summit covers all aspects of caregiving, ensuring that attendees leave with practical skills and renewed energy.

The event is not just about providing information; it's a celebration of the caregivers themselves. Attendees will have the chance to network with peers, share their stories, and find comfort in a community that understands their struggles and triumphs. The summit also introduces tools for self-care and stress reduction, recognizing that the well-being of caregivers is just as important as the care they provide.

This year's Care Summit is proudly sponsored by Legacy Care Solutions, Legacy HomeCare, Empowered Living, Beautifully Human, Goddess Adorn, Fay Biccard Glick Center, Wellera Spa & Wellness, and Catholic Charities. These organizations, along with [Empowered Living Inc.](#), are

A promotional graphic for the Care Summit. It features a collage of images showing caregivers in various settings: a doctor holding a heart, a caregiver with an elderly patient, a caregiver with a child, and a caregiver with a patient in a hospital bed. The text "SAVE THE DATE 9 • 21 • 24 Care Summit" is prominently displayed in a green and blue gradient. Below the text, it says "For more info check out the link linktr.ee/thecaresummit".

**SAVE THE DATE**  
**9 • 21 • 24**  
**Care Summit**  
For more info check out the link  
[linktr.ee/thecaresummit](https://linktr.ee/thecaresummit)

committed to ensuring that caregivers have access to the resources they need to maintain both their health and the health of their loved ones.

“We are thrilled to partner with these incredible organizations to bring the Care Summit to life,” says Ranada Dalton, one of the event organizers. “Our goal is to create a supportive environment where caregivers can gain the knowledge and resources they need, while also feeling celebrated and valued for the work they do.”

The 3rd Annual Care Summit is a must-attend event for caregivers and those who support them. Save the date, attend, and bring a friend to experience a day dedicated to your well-being. No pre-registration is necessary; simply register at the door to join this empowering event. Attendees will also have the opportunity to nominate their favorite caregiver for the Favorite Caregiver Award, with winners announced during the summit.

To learn more about the Care Summit, including how to nominate a caregiver or to explore sponsorship opportunities, visit [linktr.ee/thecaresummit](http://linktr.ee/thecaresummit). Stay connected with us on social media by following [@caresummitindy](https://twitter.com/caresummitindy).

## About the Care Summit

The Care Summit was born out of the need to support caregivers by connecting them with vital resources and specialists. It aims to educate the community about holistic caregiving, offering workshops focused on stress management, healthcare guidance, and emotional support. The summit fosters unity among caregivers, leaving them with essential insights, restored optimism, and well-deserved recognition for their invaluable role.

## Contact Information

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Empowering caregivers. Enriching lives.

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