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### Family Caregivers Unite!

#### Archives Available

July 20th 2010: Family Caregivers Helping Family Caregivers via Social Media

Kathy Kastner and Nancy Coldham are experts prominent in media and strongly interested in social media. They share their knowledge and experience with family caregivers who've travelled the hard road of family caregiving and then turn around to offer a helping hand to family caregivers just starting their journey down the family caregiving road. They give us their impressions of family caregivers and family caregiving. They explain how social media works, and how family caregivers can use it to tell their stories. They offer advice to family caregivers who want to help other family caregivers,

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### Featured Guests



#### Kathy Kastner

Kathy Kastner is Founder, Editor and Publisher of Ability4Life.com. She launched it in February 2010 to meet a need: information gaps faced by adult children caring for aging parents.

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#### Nancy Coldham

Nancy Coldham is the founding partner of a leading, privately-owned Canadian public affairs consulting firm, The CG Group, which she started in 1981.

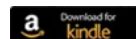
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