



## Did you know????



- **Lunch and Learn Dependent Care Seminars** are webcast live
- Each archived seminar includes **PowerPoint slides** and **additional resources**
- Covering a **variety of dependent care issues/concerns**

### TOPICS

- Caregiving from Afar
- Resources for Children and Adults with Long-Term Needs
- Lunch and Learn Dependent Care Seminar: Switching Roles with Your Parents
- Legal Issues Facing the "Sandwich Generation"
- NIH Back-up Care: Not Just for Kids/Caring for Adult/Elder Care Dependents
- NIH Back-up Care: In-home Care
- Let's Talk Work/Life Balance: Successful Conversations with your Supervisor

**Lunch and Learn Dependent Care Seminars** can be accessed on the **NIH Child Care Programs** website: <http://www.ors.od.nih.gov/lunchlearnseminar>