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Caregiver Community Connection (C3)

Caregiver Community Connection (C3) is an interactive web series that aims to empower, inspire, and engage America's military, veteran, and family caregivers.

Episode topics include but are not limited to: healthy lifestyle hacks, self-care and self-love, personal and professional development, financial wellness, mental and physical health, leadership, sharing your story, and more.

Powered by Wounded Warrior Project (WWP), C3 seeks to educate caregivers about tools, resources, and strategies to help them thrive; combat isolation in the caregiver community by leveraging a platform that encourages peer connection; and provide uplifting content that promotes positivity and gives caregivers an opportunity to recharge. Additionally, this series helps the Foundation keep a pulse on caregiver needs so we and our partners can work to address them.

► To see the **calendar for upcoming episodes** and watch past episodes, [CLICK HERE](#).

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