

# Author, Speaker & Caregiving Expert



Alexandra  
Free

Author of: **From Zero to Zen**  
**A Guide to Help You Thrive as a Caregiver**

Alexandra “Lex” Free spent twenty years as a talent executive and stage manager in the demanding field of live television, working with A-list celebrities, producers, publicists, and network executives. But her world turned upside down the day she got a call that her father was in the hospital, and then again when she discovered her mother had Alzheimer’s.

Over the following decade, she immersed herself in the world of caregiving—speaking to doctors, lawyers, elder care experts, and Medicaid specialists—learning everything she could to successfully advocate for her parents while also learning—the hard way—the importance self-care plays in the physical and mental well-being of a caregiver.

## SIGNATURE TOPICS

- ✓ Navigating the Caregiving Waters
- ✓ Lessons Learned From a Reluctant Caregiver
- ✓ 5 Simple Ways to Prioritize Your Mental Health and Avoid Caregiver Burnout
- ✓ How to Reverse Engineer Your Grief as a Caregiver
- ✓ The Unique Challenges of Caring For a Loved One with Alzheimer's

*Get in Touch!*

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