

Preferred job title (expanded):

Certified Public Accountant, Certified Dementia Practitioner, Caregiver Advocate, Coach, Keynote Speaker, and Author of *“The Proactive Caregiver: Stop Reacting to Life, Start Living Proactively”*

Preferred Shortened job title: CPA, CDP, Coach, Speaker & Author

{Bio stats: 154 words, 853 characters, 1006 characters with spaces, 2 paragraphs}

Short bio:

Jessica Lizel Cannon is a passionate caregiver advocate driven to help others avoid the destruction her family experienced from the silent killer that Dementia becomes. Her career began as an industry accountant, but the caregiver trials helped her evolve into a leadership role as a Coach, Speaker, Caregiver Advocate, and Author of *“The Proactive Caregiver: Stop Reacting to Life, Start Living Proactively”*. She helps caregivers discover how to protect their wealth, health, and well-being by becoming Proactive Caregivers too, through a determination to create a cultural shift toward a world view of preventing Dementia, the 6th leading cause of death in America.

Jessica is a Certified Public Accountant and Dementia Practitioner, host of The Proactive Caregiver Show on YouTube. For fun, Jessica loves ziplining, collecting seashells, and experimenting in the kitchen, making Gluten-free meals. Her secret mission is to get as much dark chocolate into her daily calories without tipping the scales too far.

You can find Jessica at:

www.proactivecaregiver.com

Instagram: @Proactive_Caregiver

TikTok: @Proactivecaregiver

Facebook: Jessica Lizel Cannon, The Proactive Caregiver

LinkedIn: [Jessica Cannon, CPA, CDP](#) or <https://www.linkedin.com/in/jessica-l-cannon-cpa-cdp-81330a16/>

Intro:

Ladies and gentlemen, today we take a moment to recognize a role that often goes unseen yet makes an immeasurable difference in the lives of others – The Proactive Caregiver. Through unexpected life experiences, she went from observing, analyzing, and managing numbers as an accountant to applying that insight to her health and caregiving because Dementia care became a personal vendetta to fight for change. With compassion as her guide and tenacity as her vision, she declared that it was time to stop reacting to life and start living proactively. Today, we get insight into how to become Proactive Caregivers too because going the extra mile demands unique preparation.

Please help me welcome, The Proactive Caregiver, Jessica Lizel Cannon, to the stage!