

Jennifer Antkowiak has an 18-year career as a beloved, award-winning television news anchor, most of which has been spent at Pittsburgh's historic KDKA-TV. She's been critiqued as someone who connects with viewers and those she interviews in a special way, making people feel as though they're home with a friend or family member.

Jennifer currently anchors KDKA's weekday morning newscast. She also founded a business called Jennifer Cares (www.jennifercares.com), which provides information and products that make life easier for women, families, and especially caregivers. Recently, Jennifer developed Caregiver at Work, a corporate wellness program aimed at creating a healthy, productive workplace, by helping employees make self-care a priority (www.caregiveratwork.com). And, Jennifer is now a licensed Zumba instructor, and is creating a class schedule that will include corporate offerings.

Jennifer's passionate mission to help caregivers is fueled by personal, life-changing experiences. She learned about caregiving, and the effects of long-term illness on a family at a young age when her mom was diagnosed with post-partum depression and later died of a heart attack. Years later, Jennifer was the primary caregiver for her mother-in-law, and father-in-law, who both died of cancer.

Through her TV segments, books, workshops, blogs, social media outlets, CEU-certified presentations, and more, Jennifer teaches people how to break through barriers like time, money, and guilt, and commit to taking care of themselves while they're taking care of others. Jennifer is also a big believer in the power of faith, and prayer. Her inner light shines bright, as she offers others a strong, loving hand to hold as they take baby steps that lead to big, positive changes in their lives.

Jennifer and her husband Joe have five children in the catholic school system; at the same elementary school! They live in the eastern suburbs of Pittsburgh.