



## CAREGIVER SUPPORT PROGRAM

### MEMORY CAFÉ TAPPING TECHNIQUES FOR STRESS RELIEF

#### Join our Memory Café!

Join our January Memory Café, where Lynne Staley, EFT Practitioner, will demonstrate a special technique, Emotional Freedom Techniques (EFT), that calms the nervous system when it is overwhelmed with stress. Lynne Staley will teach enough in ONE hour to begin applying this evidence-based technique on anything that is stressful in your life.

EFT, also known as Tapping, uses vibration on Meridian Pathways (microstructures of the body used in acupuncture) while focusing on a personal problem or challenge.

The Memory Café is open to people with memory loss and their caregiver. It is held monthly on the third Friday of each month and is FREE.

**Date:** Friday, January 22, 2021

**Time:** 10:30 am

**How:** Via Zoom

**Cost:** **FREE**

**Registration:** To sign up and get the Zoom link, contact Jessica Haines at 262-745-8227 or [jhaines@agingcareconnections.org](mailto:jhaines@agingcareconnections.org)

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