



# CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



## Program for Family Caregivers of People with Alzheimer's Disease or Dementia

Do you provide care for a loved one with Alzheimer's disease or dementia?

### *You Are Not Alone*

- We know caregiving can be stressful
- This program will teach:
  - stress management techniques
  - relaxation and coping strategies
- Program available at no cost

#### INFORMATION

**Who:** Family caregivers of a loved one with dementia

**What:** Multi-component program meets

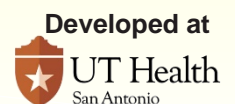
- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

**Where:** via secure Zoom link

**When:** Wednesdays, January 13<sup>th</sup> –March 10<sup>th</sup>, 2021  
1:00PM- 2:30PM

*"I was at a very low point in my life. This program saved my life."  
Participant*

Presented by



Please call for more information or to register:

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