Stress-Busting Program for Family Caregivers™

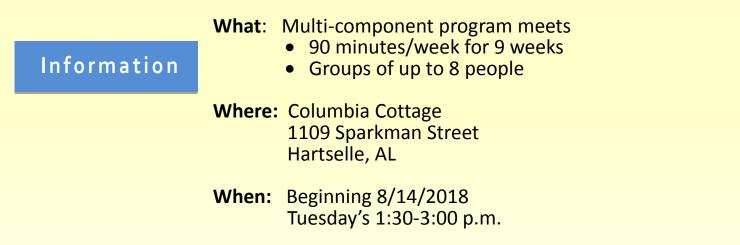


Do you provide care for a loved one with a chronic illness?

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

Who: Family caregivers of a loved one with a chronic illness



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







Please call for more information or to register:

Dana Dobson, NARCOG 256-355-4515 ext. 241