

Stress-Busting Program for Family Caregivers™



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 a chronic illness

What: Multi-component program meets

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

Where: Turner-Surles Community Center
702 Sycamore St NW, Decatur

When: **Beginning 6/10/2021**
Thursday's 1:00-2:30pm

- Respite available, call for details

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

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To register or for more information call:

Stephanie King, NARCOG 256-355-4515