



CAREGIVER STRESS-BUSTING D E M E N T I A P R O G R A M



Do you provide care for a loved one with 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

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 10 people

Information

Where: Via Zoom
Presented by Kenneth Young Center and AgeOptions

When: Tuesdays from 2/16/2021 – 4/13/2021
2:00 pm – 3:30 pm

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

Distributed by



Please call for more information or to register:

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