

STRESS-BUSTING PROGRAM FOR FAMILY CAREGIVERS



DO YOU PROVIDE CARE FOR A LOVED ONE WITH DEMENTIA?
*If so, this **FREE** program is for YOU!*

PROGRAM FOR:

Family caregivers caring for a loved one with dementia

PROGRAM COMMITMENT:

- 9 week program
- 90 minute weekly session
- Group of up to 8 family caregivers
- Confidential & Supportive
- Trained & Caring Facilitators

All Materials Are Provided

❧ **YOU ARE NOT ALONE** ❧

- We recognize that caregiving can be very stressful
- This **FREE** program will teach and enhance:
 - ✓ **STRESS MANAGEMENT TECHNIQUES**
 - ✓ **RELAXATION AND COPING STRATEGIES**
- These basic skills can reduce daily stress in your life

This Stress-Busting Program is

Distributed by: **WELLMED** Charitable Foundation ~ AND ~ Developed by: **UT Health Science Center - San Antonio**

1st Session Begins: FRIDAY, March 10, 2017

Time: 3:00 p.m. ~ 4:30 p.m.

Where: BROOKDALE @ 6410 MEADOW VISTA, CORPUS CHRISTI

PLEASE CALL TO REGISTER:

(361) 883-3935 or 1-800-817-5743

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