



Are You a Caregiver?

# STRESS BUSTING FOR CAREGIVERS

Stress Busting for Family Caregivers is an evidence based 9-week workshop for family/informal caregivers of those with Alzheimer's Disease or other dementias.

Family/informal caregivers who participate in this free workshop will gain skills to recognize, cope with, and manage stress while creating time to focus on their own self-care.

**Are you a family caregiver of someone with concerns about their memory? If yes, you're invited to participate in a FREE workshop!**

***\*\*offered via zoom or in-person\*\****

- Stress Management Workshop
- Participants = Caregivers
- Facilitated by trained specialist
- 9-week course
- 90-minute course
- Free, no cost



SCAN FOR MORE  
INFORMATION!



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