



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



## Program for Family Caregivers of People with Alzheimer's Disease or Dementia

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 suggested donation of \$30 to cover the cost of the book/supplies

#### Information

**Who:** Family caregivers of a loved one with dementia

**What:** Multi-component program meets

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

**Where:** Virtually using Microsoft Teams

**When:** February 2nd- March 30th, 2023 (Thursdays)

6-7:30pm

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

Developed at



Please call Melissa for more information or to register:

608-297-3148