

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: MONDAY, APRIL 1, 2019

Time: 2:00 p.m. ~ 3:30 p.m.

Where: Lindale Sr. Center / Caregiver SOS at 3133 Swantner Dr. 78404

CALL 361-232-5153 TO REGISTER

FOR ADDITIONAL INFORMATION:

(361) 883-3935 or 1-800-252-9240

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