

*Would you like to learn how to manage stress in your life?*

**Are you a family caregiver of a person living with Alzheimer's or Dementia?**

## STRESS-BUSTING WORKSHOP FOR FAMILY CAREGIVERS

What you will learn:

- Coping strategies and problem solving skills
- Stress management techniques:
  - Deep breathing and muscle relaxation
  - Imagery and mindfulness meditation
  - Journaling to reduce stress... and much more
- A chance to share experiences with other family caregivers and learn from each other.

The 9-week workshop is **FREE TO ATTEND**

### INFORMATION:

**WHO:** Family caregivers of a person living with Alzheimer's or Dementia

**WHEN:** Thursdays, March 7 through May 2, 2019 (9 weeks)  
10AM to 11:30AM

**WHERE:** Home Instead Senior Care  
1B Rapp Road  
Albany, New York 12203

Space is limited so register early!

**Please call 518-372-5667 x205**

Registration deadline is March 1, 2019

[www.ccseniorservices.org](http://www.ccseniorservices.org)

*"You can't always choose your destiny in life... but you can choose how you cope with it"*

*This program is provided by Catholic Charities Senior & Caregiver Support Services and sponsored by the Albany County Department for Aging, the New York State Office for the Aging & the Federal Administration on Aging.*

