

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

Are you a family caregiver of a person living with chronic disease or illness?

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 Chronic Disease or Illness

WHEN: Wednesdays, March 20 through May 15, 2019 (9 weeks)
1PM to 2:30PM

WHERE: Bethlehem Town Hall – Room 101A
445 Delaware Avenue
Delmar, New York 12054

Space is limited so register early!

Please call 518-372-5667 x205

Registration deadline is March 15, 2019

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.

