

Are you a Caregiver for someone diagnosed with Alzheimer's or Dementia?

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

STRESS-BUSTING WORKSHOP FOR FAMILY CAREGIVERS

What you will learn:

- Healthy 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 members caring for a person diagnosed with Alzheimer's or Dementia

WHEN: Thursdays, April 23rd through June 18th, 2020 (9 weeks)
2:00pm-3:30pm

WHERE: St. Andrew's Episcopal Church
10 N. Main Ave
Albany, New York 12203

Space is limited so register early!

Please call 518-372-5667 x205

Registration deadline is April 17, 2020

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

