Stress-Busting Program for Family Caregivers™

Program for Family Caregivers of Persons with Alzheimer’s Disease and 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 no cost

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

“I was at a very low point in my life. This program saved my life.”
Participant

REGISTER NOW!

Group will meet each Friday January 30th thru March 27th, 2015 1:00 PM to 2:30 PM
Location: Texas AgriLife Extension Service 401 West Hickory Denton, TX
register.
Space is limited to 8 people so register now

Distributed by

Area Agency on Aging of North Central Texas
Funded in part by the Texas Department of Aging & Disability Services
A program of the North Central Texas Council of Governments

Developed at UT Health Science Center San Antonio

For registration, information, and to be screened to attend,
Send email to caregiver@att.net or
Call Zanda Hilger at 817-929-3535