

Caregiver Workshop Stress and Burnout

Calling all Caregivers!

May 16, 2017

Hale County DHR

Board Room

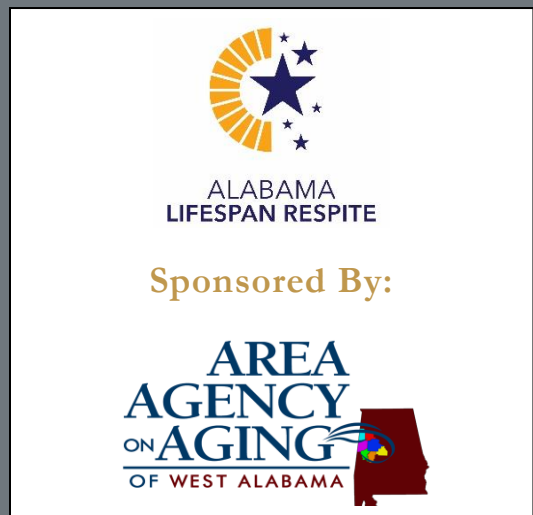
1-3 p.m.

906 Wheelan Street Greensboro, AL 36744

Please join us for an interactive workshop on preventing caregiver stress and burnout! We will discuss the different types of stress, how to alleviate those stressors in a healthy way, as well as discuss local resources!

There will also be information on dementia, as well as a Stress Busters for Family Caregivers of those with chronic illness course that will blast off in July in Greensboro!

The first 15 caregivers to RSVP will be eligible for a \$200.00 respite award! You must RSVP before May 12, 2017 to be eligible.



Limited seats available! You must RSVP to Brittany Huey by phone or e-mail. Please call 256-859-4900 or e-mail bhuey@ucphuntsville.org to reserve your seat today!