

Stress-Busting Program for Family Caregivers™



Do you
provide care
for a loved
one with
Alzheimer's
Disease or
Dementia?

You are NOT alone!
We know that caregiving
can be stressful.

This program will teach:

- stress management techniques
- relaxation & coping strategies

Program is available at no cost!
FREE Respite provided!

*"I was at a very low point in my life.
This program saved my life" -Participant*

Who: Family caregivers of a
loved one with dementia

What: Multi- component program meets

- 90 minutes a week
for nine weeks
- Groups of up to eight
people

Where: Caring Days
943 31st St. E
Tuscaloosa, AL
35405

When: March 7 - May 2
2 p.m. - 3:30 p.m.

Please contact Nikki Poe at 205-333-2990 ext. 203

or email nikki.poe@westal.org
for more information or to register.

www.caregiverstressbusters.org

*Space is limited-Registration is required

