

Stress-Busting Program for Family Caregivers™

Do you provide care for a loved one with a
Chronic Illness?

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

Information

Who: Family caregivers of a loved one with a **Chronic Illness**

What: 9 week program, 1 ½ hours per week

When: 1:00 – 2:30 pm, 10 September – 5 November 2018

Where: Northeast Senior Center, 1435 Thousand Oaks, San Antonio, TX
78217 (Conference Rm)

**For More Information or to Register Contact
Dianne Teran (210) 362-5235 or Cindy Robles (210) 254-1489**

Developed at