



Stress-Busting Program for Family Caregivers™



**Do you provide care for a loved one with
Alzheimer's 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

Information

Who: Family caregivers of a loved one with Alzheimer's or Dementia

What: 9 week program, 1 ½ hours per week

When: 1:30 – 3:00 pm, 10 September – 5 November 2018

Where: Partners in Primary Care Wellness Center
1860 S. Seguin Ave, New Braunfels, TX 78130

**For More Information or to Register Contact
Shane or Diane**



(830) 620-5626
sburt@convivasolutions.com

