



Stress-Busting Program

For Family Caregivers™

Help for Family Caregivers

WHO: Family Caregivers of a loved one with dementia

WHAT: Program meets

- 90 minutes/ each week
- For 9 weeks
- Group of up to 8 people
- Materials provided

WHERE: WellMed - SW Military
517 SW Military Dr
San Antonio, TX 78221

WHEN: Wednesday, Feb 19 -
Wednesday, April 16

TIME: 3:00 pm - 4:30 pm

- 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 **free** program will teach:
 - stress management techniques
 - relaxation and coping strategies
- These basic skills can reduce daily stress in your life

**Confidential, Supportive, Trained,
Caring Facilitators**

**Space is limited! For more information or to
register call:**

**210-921-0322
Alicia Martinez**