



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: Benevolent Hospice
12740 Bandera Rd
Ste 110
Helotes, TX 78023

WHEN: Tuesday, February 18 -
Tuesday, April 15

TIME: 10:00 am - 11:30 am

- 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:

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