



.....IN ACTION

Family Caregivers, Please Join Us

Discover the simple ways you can care for yourself in order to remain strong while you're caring for someone else. The dynamics of caring for an elderly loved one seem to remain static and then suddenly change. Caregivers will learn how to maintain their compassion during those times when the patient's condition is stable, and at the same time prepare themselves for the sudden changes in their loved one's health.

**November 11, 2014
9:00 a.m.**

This group welcomes caregivers to those with Alzheimer's Disease, related Dementias, post-traumatic stress disorder, and traumatic brain injury

**TO REGISTER OR FURTHER DETAILS CALL:
956- 630-6667 or 956-630-0457**

***An educational collaborative of Caregiver SOS by WellMed & the Department of Veterans Affairs,
Texas Valley Coastal Bend Health Care System- Caregiver Support Program.***



**Caregiver SOS 1301 Fern Ave. Ste. B4
78501**

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