



# Stress-Busting

## Program for Family Caregivers of Persons with Alzheimer's Disease and Dementia

Do you provide care for a loved one with Alzheimer's Disease or related 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, supplies provided at no cost.

#### Information

**Who:** Family caregivers of a loved one with dementia

**What:** Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

*"I was at a very low point in my life. This program saved my life."  
Participant*

Distributed by:



Developed at:



Please call for more information or to register:

**956-630-6667 / 956-630-0457**

**[www.caregiverstressbusters.org](http://www.caregiverstressbusters.org)**