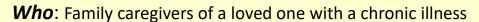
## Stress-Busting Program for Family Caregivers™



Do you provide care for a loved one with a chronic illness?

## You Are Not Alone

- We know caregiving can be stressful
- This program will:
  - Provide education and support
  - Teach stress management techniques
  - Help caregivers develop coping strategies
- Program available at no cost PLEASE CALL TO REGISTER



What: Multi-component program

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

Where: Group #1 Starting September 17 Tuesday at 10 am

Nusenda Training Center 4100 Pan American Freeway

Group #2 Starting September 17 Tuesday at 1:30 pm

Palmilla Senior Living 10301 Golf Course Rd NW

**Group #3** Starting September 17 Tuesday at 10 am

Holy Cross Lutheran Church 6901 Wyoming NE

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

Participant





For more information, contact: