



CAREGIVER STRESS-BUSTING D E M E N T I A P R O G R A M



Program for Family Caregivers of People with Alzheimer's Disease or Dementia

Do you provide care for a loved one with Alzheimer's
disease or dementia?

You Are Not Alone



Alternatives

Your quality of life, our passion.

- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost through
- Facilitated by VNA Community Services and Alternatives



Information

Who: Family caregivers of a loved one with dementia

Caregivers coping with the stress of caring

Caregivers looking to care for themselves, too

What: Program meets 90 minutes each week for 9 weeks

Where: VNA office

2262 Grand Ave, Galesburg, IL

When: Tuesdays, March 7-May 2 at 1:30-3:00

Developed at



Please call for more information or to register:

309-342-1152

www.caregiverstressbusters.org