

Stress Busting Program

Starting
April 19th



10:00 -
11:30 a.m.

Join Alternatives' Caregiver Support Program, Mercer County Senior Center, Putnam County Community Center, Mendota Area Senior Services & Bridges Community Center

for a virtual **Stress Busting Chronic Illness Program**. This 9-week course focuses on caring for you while you care for others. You have the choice to join a group at one of the participating centers or participate individually from your home. The program will review stress management techniques, relaxation, & coping strategies for **Caregivers**.

Please contact the participating program in your area for more information & to register:

- **LaSalle County: Bridges Community Center**
815-431-8034
Mendota Area Senior Services: 815-539-7700
- **Mercer County: Mercer Co. Senior Center**
309-582-5492 or 309-582-7221
- **Putnam County: Putnam Co. Community Center**
815-339-2711 or 800-757-4579

Participating Programs

