

caregiver stress



RELIEF, ACCEPTANCE AND EMPOWERMENT

Providing care for someone with memory loss can be a labor of love, but it can also be exhausting and stressful. This program will introduce participants to the causes, signs and symptoms of stress, and will provide participants with stress-reduction strategies.

This program is 1.5 hours, which includes time for questions and answers.

WHEN

WHERE

REGISTRATION

alzheimer's  association®

Greater Illinois Chapter



24.7 **HELPLINE**
800.272.3900

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