

# TOOLS FOR CAREGIVERS

## Managing Stress and Improving Self-Care



### FEELING OVERWHELMED?

- Caring for someone with illnesses such as dementia, heart disease, Parkinson's disease, stroke, or chronic cancer can be stressful physically, emotionally, and financially.

### JOIN OUR NEXT COURSE!



Wednesdays  
September 21st - October 26th  
2:00 - 4:00  
Via Zoom