



CAREGIVERS CONNECT
National Family Caregiver Month

November 19, 2019

2:00 - 3:30pm

Program - Managing Holiday Stress

Presented by: Katie Gilliland - Mental Health Association

Dessert, Door Prizes and a Holiday Craft

NARCOG

216 Jackson Street SE · Decatur

**For more information contact Dana Dobson at
256-355-4515 or dana.dobson@adss.alabama.gov**

**Sponsored by the North Central Alabama Regional Council of Governments
1-800-AGE-LINE or 256-355-4515**

