

Stress-Busting Program for Family Caregivers™



Do you provide care for a loved one with a chronic illness?

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost

Information

Who: Family caregivers of a loved one with a chronic illness

What: Multi-component program meets

- 90 minutes/week for 9 weeks
- Groups of up to 8 people

Where: Grace Place
305 Arnold Street NE, Cullman, Alabama

When: **Beginning 2/26/2019**
Tuesday's 10 - 11:30 a.m.

*"I was at a very low point in my life. This program saved my life."
Participant*

Distributed by



To register or for more information call:

Dana Dobson, NARCOG 256-355-4515 ext. 241