



CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



Do You Provide Care for Someone with Alzheimer's Disease or Dementia?

This program will teach:

- stress management techniques
- relaxation and coping strategies

Program available at no cost

Who: Family caregivers of someone with Alzheimer's Disease or Dementia

What: Multi-component program meets

- 90 minutes/ week for 9 consecutive weeks
- Groups of up to 8 people
- Materials for the program will be provided

Where: Online from the privacy of your own home

When: Register for classes starting July 23, 2021 at 10 AM

REGISTRATION REQUIRED:

Call Pathlights, formerly PLOWS Council on Aging, at 708.361.0219
Or e-mail Catherine Stowers, Program Manager, at
cstowers@pathlights.org

Presented By



Developed At



Partial funding for the program is provided through an award from AgeOptions, the Area Agency on Aging for Suburban Cook County under Title III of the Older Americans Act as administered through the Illinois Department on Aging and the Federal Administration on Aging. Pathlights does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708.361.0219.

www.caregiverstressbusters.org