



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 in early 2022!

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 By



Partial funding for Pathlights' programs is provided by federal and state government agencies, made possible through the Older Americans Act, and administered through AgeOptions. Other partial funding includes Cook County, local municipalities, United Way of Metro Chicago, and other interested parties. 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