



# CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



## Program for Family Caregivers of People with Alzheimer's Disease or Dementia

### Do you provide care for a loved one with Alzheimer's disease or dementia?

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

**Who:** Family caregivers of a loved one with dementia

**What:** Multi-component program meets

- 90 minutes/ week for 7 weeks
- Groups of up to 8 people

#### INFORMATION

**Where:** Western Illinois Area Agency on Aging

729 37<sup>th</sup> Ave

Rock Island, IL 61201

**When:** First Session: Tuesday, November 1st @ 2:30p

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

*Participant*