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

Where: Western Illinois Area Agency on Aging
  729 37th 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

Please call Debbie for more information or to register: 309-793-6800