



# 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?

### *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 dementia

**What:** Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 6 people

**Where:** Prairie Council on Aging  
800 W State St, Jacksonville, IL 62650

**When:** Tuesdays 2:00-3:30pm, October 6<sup>th</sup> – December

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



Please call for more information or to register:

**217-479-4619**

[www.caregiverstressbusters.org](http://www.caregiverstressbusters.org)