

Do you provide care for a loved one with a chronic illness?

**You are NOT
alone!**

**Join the
Stress-buster class
from your home!**



The "Caregiver Stress-Busting Program" is a 9-week class for family caregivers. You will explore coping strategies and stress management techniques.

UPCOMING VIRTUAL CLASSES: Pre-Registration Required

**Tuesdays
April 13 - June 8, 2021
1:30 - 3:00 PM**

OR

**Thursdays
April 15 - June 10, 2021
9:30 - 11:00 AM**

<https://tinyurl.com/y2qaun27>

<https://tinyurl.com/yyrhd6s8>

**For more information:
1-800-432-9209**

