



# 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 9 weeks
- Groups of up to 8 people

#### INFORMATION

**Where:** Alternatives

1803 7<sup>th</sup> Street  
Moline, IL 61265

**When:** First Session is Monday, April 29<sup>th</sup>, 2024

1:00 PM – 2:30 PM

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



Please call Emma for more information

or to register: **309-788-6335**