



# 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 Wednesday, May 31<sup>st</sup>  
10am – 11:30am

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



Please call Michelle for more information  
or to register: **309-788-6335**