



CAREGIVER STRESS-BUSTING D E M E N T I A P R O G R A M



For Family Caregivers of Adults with Alzheimer's or Dementia

Do you or someone you know care for a loved one living with memory loss?

This multi-component program is designed to teach stress management techniques, relaxation strategies and coping methods to manage the daily pressures of caregiving.

Techniques include:

- **Meditation**
- **Music**
- **Art**
- **Journaling**
- **And more**

Thursdays, July 28 - September 22
2 - 3:30 p.m.
NSSC Niles Office
7900A N. Milwaukee Ave, Ste 2-20B
Niles, IL 60714

To register, contact caregiversupport@nssc.org or 847.784.6041.

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