

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, May 4 - June 29
12:30 - 2 p.m.
via Zoom

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