

STRESS MANAGEMENT & SELF CARE

An education program presented by the Alzheimer's Association®



Caregiving can be a very stressful, time-consuming journey. Often, caregivers do not have time to care for themselves. This workshop will provide simple, effective strategies and techniques that all caregivers can master and implement in their daily lives without a huge time commitment.

Presented in partnership with



**Eddy Alzheimer's
Services**

ST PETER'S HEALTH PARTNERS

Virtual Program

DATE & TIME:

**Tuesday June 30th, 2020
3:00pm to 4:30pm**

**REGISTRATION REQUIRED TO RECEIVE A
LINK TO THE PROGRAM**

**To register contact: 800.272.3900 or
Jon Weaver at 518.675.7216
Email: joweaver@alz.org**

**Visit www.alz.org/CRF to register online
and explore additional education
programs in your area.**

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alzheimer's  association®

Northeastern New York Chapter