

STRESS-BUSTING PROGRAM

for Family Caregivers



The **STRESS-BUSTING PROGRAM** is a **FREE**, 9-week workshop for caregivers of persons with Alzheimer's and other forms of dementia.

This course will help you:

- ✓ Understand the effects of stress
- ✓ Discuss specifically stressful behavior of care recipients
 - ✓ Take control and set realistic goals, for the caregiver and recipient
 - ✓ Understand the impact of dementia

Learn the skills that you need to manage stress:

- ✓ Relaxation and Breathing
- ✓ Imagery
- ✓ Meditation
- ✓ Art
- ✓ Music

- DATES:** Wednesdays, January 17th through March 13th, 2024
- TIME:** 10:00 to 11:30 am
- LOCATION:** Online via Zoom
- REGISTER:** Please visit <https://ilpathwaystohealth.org/Classes/Register/701> to register. For questions, call Devin Andrews at (708) 725-9116, or email him at dandrews@oakparktownship.org. (**Registration required.**)

Funding in whole or in part by AgeOptions. Notice of non-discriminatory practices: Stickney Township does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act, the U.S. Civil Rights Acts: Section 504 of the Rehabilitation Act; the Age Discrimination in employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information, call 1-800-252-8966 (voice or TDD), or contact the Stickney Township Administrator, 708-424-9200.

SOLUTIONS
for care.

