
Managing Stress **Workshop**



Join us for an interactive session on how to manage stress while caring for a family member or friend living with a chronic illness and/or memory loss. This is a researched based program and FREE to attend. An introduction to Powerful Tools for Caregivers. ***YOU are not alone!***

Powerful Tools
for *Caregivers*

To R.S.V.P. or learn more:

Call: 585-335-4358

Email:

caregiver@noyeshealth.org

Workshop offered in

spring and fall in

various locations.

Call for class schedule.



Sponsored by Lifespan Finger Lakes Alzheimer's Caregiver Institute, Noyes Caregiver Resource Center & Livingston County Office for Aging
