
Managing Stress Workshop



Join us for an interactive, 60-minute presentation on how to manage stress while caring for a family member living with a chronic illness and/or memory loss. Based on the **Powerful Tools for Caregivers** program, an educational series designed to help family caregivers take care of themselves while caring for a relative or friend. The workshop is free. Space is limited and registration is required. ***YOU are not alone!***

**Workshops offered in
spring and fall in
various locations.
Call for class schedule.**

Call: 585-335-4358

Email:

noyes-caregiver@urmc.rochester.edu



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