



JOIN BACOA'S **CAREGIVER STRESS BUSTERS**

DEMENTIA PROGRAM

Thursdays, 9:30 - 11:00 AM

March 5th - April 30th

**All Sessions
on Zoom**



**CALL
847-381-5030
to register**



Do you provide care for a loved one with Alzheimer's disease or dementia?

SUPPORTED BY



We know caregiving can be stressful!

You will learn:

Stress management techniques

Relaxation and coping skills

*****Program is FREE*****