



STRESS-BUSTING PROGRAM FOR FAMILY CAREGIVERS

Caregivers Deserve Care Too!

Join our Stress-Busting Program and discover proven strategies to reduce stress, anger, and anxiety while improving your overall quality of life.

Who: Any family caregiver
When: New class starts September 16
Tuesday
12:30 pm Mountain Time
Meets 90 minutes/session for 9 weeks
Where: Online using Zoom
Cost: Program is **FREE!**

What Will You Learn In This Program?

- Effects of stress on your body, mind, and spirit
- How to cope with challenges
- Ways to develop problem-solving skills
- Important self-care strategies
- Stress management techniques

Call Today to Reserve Your Spot!
Sharon Lewis 830-377-1484
slewis2@unm.edu

*Take a step toward
a happier, healthier you!*



Distributed by



WELLMED
CHARITABLE FOUNDATION