

Coping with Caregiver Stress

Caring for a person with Alzheimer's disease or other form of dementia can become an overwhelming experience. Often, caregivers neglect their own well-being because they are devoting so much time to the responsibilities of day-to-day caregiving. This program examines caregiver stress and offers coping strategies to become a healthier caregiver.

Dinner served from 6–6:45 p.m.

Wednesday, November 15, 2017

6:45 p.m. – 7:45 p.m.

VNA of Somerset Hills

200 Mt. Airy Road
Basking Ridge, NJ

908-766-0180

There is no fee for attending this program, however, **pre-registration is required.**

You can register online at

alznj.org®

Or call Alzheimer's New Jersey:

888-280-6055