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Managing Caregiver Stress

Date and Time

Friday 12/13/2019 2:00 to 3:00pm

Event URL

[Register online](#)

Event Region

Richmond Area

Event Type

Class - Workshop

RSVP Info

804-771-5845

Event Cost

\$0.00

Event Description

December 13, Sandston - Alzheimer's Association Greater Richmond Chapter presents Managing Caregiver Stress, 3-4 p.m., Henrico County Public Library (Sandston), 23 East Williamsburg Rd. Caregivers frequently report experiencing high levels of stress. It can be overwhelming to take care of a loved one with Alzheimer's or other dementia, but too much stress can be harmful to both of you. Join us to learn symptoms and ways to avoid burnout. Register online at bit.ly/2PXEDpi

his program is free and open to the public.