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.