



COPING WITH CAREGIVER STRESS

presented by

Alzheimer's  New Jersey®



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.

This program is being given during the normal meeting time of a Family Support Group. All are welcome to attend.

For more information and registration, please contact **Victoria Proto** at **609-655-6853** or **vproto@parkerlife.org**



Parker Adult Day Center
200 Overlook Drive
Monroe Township



Wednesday,
September 18th



7:00-8:00 PM

This is a FREE program.
However, pre-registration
is required.

RSVP by September 17th

Parkerlife.org |    

Nursing Care | Assisted Living | Post-Acute Rehab
Memory Care | Adult Day Center | Health & Wellness Center

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