

Join Us for a Free Presentation: Coping Techniques for Caregivers

Wednesday, April 5th

2:00 pm - 3:00 pm

Griffin Law Office Conference Room

102 S. Kent St. Winchester, VA 22601

There's no getting around it. Caring for an aging family member can be stressful. Their care, health, safety, and happiness all rest on your shoulders, and sometimes that responsibility can be overwhelming. However, while you're taking care of your loved one, it's important to take care of yourself too.

Join us to learn how to cope with caregiving stress. We'll share tips and tools that you can use to make sure you keep yourself healthy and strong, so you can give your loved one the care they deserve.

Please RSVP by Monday, April 3rd to 540-955-4557