

MANAGING STRESS

#1 Priority for Caregivers



Are you struggling to find balance in your life as you care for a loved one?

Join us for an interactive workshop on how to manage stress while caring for a family member or friend living with a chronic illness, chronic disease, disability, and/or memory loss.

To sign up or learn more:

Call: 585-593-5223, ext.1010

Email: tincherb@ardentnetwork.org

June 30 11:00am - 12:00pm

or

July 14 2:00pm - 3:00pm

Must Pre-Register

Managing Stress classes are being offered virtually. A class invitation will be emailed after you register. *Space limited to first 15 registrants!*

Requirements:

- Internet or phone with data plan
- Microphone
- Speaker/headphones
- Camera (optional)