



CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



**Free Program for Family Members Providing Care to
People with Alzheimer's Disease or Another Dementia**

We know how stressful caregiving can be.
You Are Not Alone.

The Stress Busting Program will provide you:

- Stress management techniques.
- Relaxation and coping strategies.
- An opportunity to talk to others going through many of the same things you are.

Who: Family caregivers of a loved one with dementia.

Where: Moultrie County Health Department, 202 S. Main, Sullivan

When: 3:00 p.m. – 4:30 p.m. Tuesdays, May 19th – July 14th, 2026

Registration Deadline: Friday, May 15th

Sponsored By: Senior Resource Center at Family Service & the Moultrie County Health Department

Developed at



**Please call the Moultrie County Health Department
for more information or to register:**

1-217-728-4114