



# CAREGIVER STRESS-BUSTING D E M E N T I A   P R O G R A M



**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 19<sup>th</sup> – July 14<sup>th</sup>, 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**