

# STRESSBUSTING FOR CAREGIVERS OF PERSONS WITH DEMENTIA

**1-230 PM THURSDAY  
AFTERNOON  
MAY 25-JULY 20, 2023**

Reserve your spot today  
Call Moultrie Co. Senior Center – 217 728-8521  
**Reservation Deadline 5-11-23 3:30 p.m.**



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## Caregiver Workshop

The Stress-Busting Program for Family Caregivers™ is a program that provides support to family caregivers. Proven to: reduce caregiver stress, reduce anger/hostility, reduce anxiety & improve quality of life.



**Materials are the  
property of WellMed  
Charitable Foundation**

**9-week, 90-min  
Program**

**Program Designed  
to Help You on  
Your Caregiving  
Journey**

**Be the BEST  
CAREGIVER You  
Can Be!**

**Learn New Ways  
to Manage Your  
Stress**

**Ask for Respite  
Services when  
you register if  
needed**

## PROGRAM LOCATION

Moultrie County Senior  
Center  
114 E Jefferson,  
Sullivan, IL 61951

217 728-8521