



# CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



A Program for Family Caregivers of People with  
Alzheimer's disease or other Dementia

Do you provide care for a loved one with any form of Dementia?

## YOU ARE NOT ALONE

Caregiving can be very stressful

This Program will guide you through...

Stress management techniques and  
Relaxation and Coping Strategies

Let this be the new year that you learn to take care of you while taking care of your loved one!

## Information

**WHO:** Family Caregivers of a loved one with Dementia

**WHAT:** No Cost Multi-component program that will teach stress management, relaxation, and coping strategies

**WHERE:** First United Methodist Church  
200 E. Decatur St., Demopolis

**WHEN:** Beginning Thursday, January 29, 2026  
9-weekly sessions  
Thursdays 10am-11:30am

Please register by 01/26/2026



Please call for more information or to register  
334-682-5206 or 1-888-617-0500