



## STRESS-BUSTING PROGRAM FOR FAMILY CAREGIVERS

### Caregivers Deserve Care Too!

Join our Stress-Busting Program and discover proven strategies to reduce stress, anger, and anxiety while improving your overall quality of life.

**Who:** Any family caregiver

**When:** Class starts May 19 Tuesday  
12:30 pm Mountain Time

Meets 90 minutes/session for 9 weeks

**Where:** Online using Zoom

**Cost:** Program is **FREE!**

### What Will You Learn In This Program?

- Effects of stress on your body, mind, and spirit
- How to cope with challenges
- Ways to develop problem-solving skills
- Important self-care strategies
- Stress management techniques

Call Today to Reserve Your Spot!  
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*Take a step toward  
a happier, healthier you!*



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