

# Coping with Caregiver Stress

**Tuesday, May 15, 2018**

**1:30—2:30 p.m.**

**Forest Hill Healthcare Center**

497 Mt Prospect Avenue  
Newark, NJ

**973-482-2686**

There is no fee for attending this program, however, **pre-registration is required.**

You can register online at

**[alznj.org](http://alznj.org)**®

Or call Alzheimer's New Jersey:

**888-280-6055**

Caring for a person with Alzheimer's disease or other form of dementia can become an overwhelming experience. Often, caregivers neglect their own well-being because they are devoting so much time to the responsibilities of day-to-day caregiving. This program examines caregiver stress and offers coping strategies to become a healthier caregiver.