



I never really thought of myself as a Caregiver. After all, I was just helping my mom take care of my dad.

Eventually, I realized that neither mom nor I were going to be much help to dad if we didn't take better care of ourselves.

Workshop Schedule

Wednesday, July 20th at 10:00 am
Antigo, Marshfield, Merrill and
Wisconsin Rapids ADRC-CW offices

And

Thursday, July 21st at 10:00 am
Wausau ADRC-CW office

Registration:

Enrollment is limited; to register,
contact the Aging & Disability
Resource Center

Call: 1-888-486-9545

Website: www.adrc-cw.org

Workshop dates subject to change.

*Reasonable accommodations will be made
for disabilities. If you require such an
accommodation, contact the ADRC at least
5 days in advance.*

Powerful Tools FOR Caregivers

**Caregiving can be a challenge,
but it's easier when you are prepared.**

Managing Caregiver Stress

Caregiving for a family member
or friend can be stressful—
physically, emotionally, and
financially.

Join a workshop for caregivers
of adults with chronic conditions
to learn about self-care
strategies and techniques to
increase relaxation and reduce
stress.

Manage the daily stresses you
face as a caregiver. Sign up
today!

