



Creating a Season of Joy as a Caregiver

HELPFUL HINTS FOR THE HOLIDAYS

Did you know nearly 4 in 10 family caregivers say they feel overwhelmed during the holidays? If you're caring for a loved one, remember — it's okay to ask for and accept help. You deserve time to relax, recharge, and enjoy the season's traditions.

Join us for an uplifting conversation on creating *a season filled with joy*. You'll discover practical ways to prevent caregiver burnout, reduce stress, and make room for meaningful moments with loved ones.

Thursday, November 13th, at 11 a.m.

at the YMCA
151 McIntire Park Drive
Charlottesville



COMMONWEALTH
SENIOR LIVING *at* CHARLOTTESVILLE

Welcome Home

**RSVP today and
reserve your
Holiday Caregiver
Support Kit.**

434-218-4902



Independent Living, Assisted Living & Memory Care



www.CommonwealthSL.com