



**SPECIAL EVENT INVITATION**

# *Coping Techniques for Caregivers*

Being a caregiver is a journey of love, but remember: you cannot pour from an empty cup. Prioritizing your own health is essential so you can be the support system your loved one needs.

Join us for a presentation that offers actionable strategies for managing caregiver stress. Discover how to stay healthy, find balance, and ensure you have the resilience to continue your vital role.

**Thursday, March 5th, at 12 p.m.**

at the Danville YMCA: 215 Riverside Drive, Danville

**Call or scan today to RSVP**

**434-688-0909**



***Make mealtime easy!***

*Pick up a copy of our cookbook at the event.*



**COMMONWEALTH**

**SENIOR LIVING at STRATFORD HOUSE**

*Welcome Home*

*Independent Living, Assisted Living and Memory Care*



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