



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.



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