



SPECIAL EVENT INVITATION

# Coping Techniques for Caregivers

*Taking care of yourself is the first step in caring for others.*

Being a caregiver is a journey of love, but remember: you cannot pour from an empty cup. Prioritizing your own health isn't selfish, it's essential for you to be the strong, balanced support system your loved one needs.

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

## CSL at Chesterfield

**February 17th, 10:00 a.m.**

at the Behulah Center  
6901 Hopkins Road, North Chesterfield

**RSVP 804-538-4702**

## CSL at The West End

**March 10th, 10:30 a.m.**

at Three Chopt Church of Christ  
9500 Three Chopt Road, Richmond

**RSVP 804-415-8839**

## CSL at Bon Air

**March 12th, 11:00 a.m.**

at Bon Air United Methodist Church  
1645 Buford Road, Richmond

**RSVP 804-913-2920**



**COMMONWEALTH  
SENIOR LIVING**

*Welcome Home*

**Make mealtime easy!**

Pick up a copy of our cookbook  
at the event.

