



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



Welcome Home

Make mealtime easy!
Pick up a copy of our cookbook
at the event.

