



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 Christiansburg

Thursday, February 26th, at 12:00 p.m.

at the Christiansburg Senior Center
1600 N Franklin Street, Christiansburg

RSVP 540-778-9669

CSL at Radford

Wednesday, March 4th, at 1:30 p.m.

at the Pulaski Recreation Center
200 George Street, Radford

RSVP 540-870-0265



**COMMONWEALTH
SENIOR LIVING**

Welcome Home

Make mealtime easy!

Pick up a copy of our cookbook
at the event.

