



# CAREGIVER STRESS-BUSTING D E M E N T I A P R O G R A M



**Limited space still available. Register today.**

Program for Family Caregivers of People with Dementia.

Facilitated by the ADRC of Rock County & ADRC of Southwest Wisconsin

**Do you provide care for a loved one with Alzheimer's disease or other form of dementia?**

***You Are Not Alone***

- This program will teach:
  - stress management techniques
  - relaxation and coping strategies
- Program available at no cost to Rock, Green, Grant, Iowa & Lafayette residents
- SPACE IS LIMITED

## Information

**Who:** Family caregivers of a loved one with dementia

**What:** Multi-component program meets

- 9 weeks
- 90-minute, virtual classes

**Where:** Virtual Class via Microsoft TEAMS

**When:** Wednesday evenings, 5:30-7pm  
September 3 – October 29, 2025

Developed at



**Please call for more information or to register:**  
**Rock County call Karen 608/741-3615**  
**Green or Iowa Counties call Bonnie 608/426-4295**  
**Grant or Lafayette Counties call Hailey 608/426-0185**