



Understanding Caregiver Stress

Are you caring for an older adult or someone with Dementia? Caregiver stress is real and can greatly affect people's quality of life. This gathering will discuss what is caregiver stress, how it affects you, and offers strategies for coping with caregiver stress.

**Tuesday, March 28, 2023
2:00pm-3:00pm**

St. Francis Episcopal Church

Want to register or have questions? **Contact us!**

Partners' Geriatric Adult Specialty Team

Bethany Ramos at:

email: bramos@partnersbhm.org or call **828-450-7355**

or

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828-287-3888**