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~ **For Immediate Release** ~

Caring for a Friend or Relative? You Are Entering the Caregiving Zone

(ST. JOSEPH) – Being a caregiver can be both rewarding and stressful. This program will give you the tools to make caregiving more meaningful and efficient, and give you ways to take care of yourself as well.

Caregivers will learn how to obtain needed community resources, manage caregiver stress, organize important documents, monitor safety and risk, develop an increased sense of personal effectiveness as a caregiver, and decrease the sense of caregiver burden.

Classes consist of three two-hour sessions. An experienced class leader conducts the series. Interactive lessons, discussions, and brainstorming will help you take the “tools” you choose and put them into action for your life. There is no charge to attend, though donations for materials are gratefully accepted. Hospice at Home, a Lakeland HealthCare Affiliate, provides this program in partnership with and funded by Area Agency on Aging.

Entering the Caregiving Zone

Tuesdays, August 20 & 27, and September 3

2:00 to 4:00 p.m.

Caretel Inns of Lakeland

3905 Lorraine Path, St. Joseph

Respite care and transportation are available if necessary. For more information or to register, call (800) 717-3811. Class size is limited and pre-registration is required.

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