

Dialing Down the Pressure: Strategies for Caregiver Survival

Feb. 18 & Feb.25, 2017

Are you overwhelmed by taking care of your **elderly** relative or friend that you have neglected your own needs? This free two part self-care class will teach you practical tips for improving your mental and physical well-being.

(This course is not for professional caregivers.)

Topics Include:

- How to prevent caregiver burnout
- Ways to manage your frustration
- Relaxation, exercise, sleep, and nutrition
- Caregiving resources



Dates:

Two Part Class: Saturdays, February 18 and February 25

Time:

10 a.m. to 1 p.m.

Location:

Mills-Peninsula Medical Center, 1501 Trousdale Drive, **Burlingame**
(Conference Room H, First Floor Conference Center)

Registration is required. Please register by **February 15, 2017**
Call (650) 696-3660 to register or for more information.

Partially sponsored by San Mateo County Aging and Adult Services