



nextshift
supporting those who care most

YOU NEED TO TAKE CARE OF YOURSELF TOO...

JOIN US FOR A FREE WORKSHOP

CAREGIVER STRESS THURSDAY, DECEMBER 20TH | 6PM - 7PM

Presented by Danielle Davis, Alzheimer's Association - Greater Michigan Chapter

Approximately 44 million American families and friends provide unpaid care to another adult. Caregivers are prone to stress and poor health, in part because they are often uncompensated and they may lack the clinical training necessary to execute this role effectively.

**HANNAN CENTER
4750 WOODWARD AVE. DETROIT, MI 48201**

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THIS PROGRAM IS FREE AND FOR PEOPLE WORKING FULL TIME.
Registration Required. Please RSVP no later than Wednesday, December 19TH
Please call 313.833.1210 or email smolinaro@hannan.org to register
Find more information at www.nextshiftdetroit.com

Supporting Partners and Organizations:

**LUELLA HANNAN
MEMORIAL FOUNDATION**

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alzheimer's  association*


Institute of Gerontology


