



nextshift
supporting those who care most

HOW DO I TAKE CARE OF MYSELF AND SOMEONE ELSE?

JOIN US FOR A FREE WORKSHOP

STRESS MANAGEMENT FOR CAREGIVERS WEDNESDAY, OCTOBER 24TH | 4PM - 5PM

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. Learn how to identify your stress points and uncover ways to reduce and manage stress successfully.

**DETROIT PUBLIC LIBRARY - WILDER BRANCH
7140 E. 7 MILE ROAD, DETROIT, MI 48234**

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THIS PROGRAM IS FREE AND FOR PEOPLE WORKING FULL TIME.

Registration Required.

Please call 313.481.1872 to register

Find more information at www.nextshiftdetroit.com

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