



Creating a Season of Joy as a Caregiver

HELPFUL HINTS FOR THE HOLIDAYS

Did you know nearly 4 in 10 family caregivers say they feel overwhelmed during the holidays? If you're caring for a loved one, remember — it's okay to ask for and accept help. You deserve time to relax, recharge, and enjoy the season's traditions.

Join us for an uplifting conversation on creating *a season filled with joy*. You'll discover practical ways to prevent caregiver burnout, reduce stress, and make room for meaningful moments with loved ones.

Thursday, November 6th, 2 - 4 p.m.

at the MacDonald New Baltimore Library

36480 Main Street, New Baltimore



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