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Topics on Aging, Coping Techniques for Caregivers

Date and Time

Tuesday 5/28/2019 12:00 to 1:30pm

Event URL

<https://thecentercville.org/>

Event Region

Charlottesville Area

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

TOPICS ON AGING presented by Commonwealth Senior Living Tuesday, May 28, 12:00–1:30 pm Coping Techniques for Caregivers - There's no getting around it, caring for an aging family member can be stressful. Their care, health, safety, and happiness all rest on your shoulders, and sometimes that responsibility can be overwhelming. But while you're taking care of your loved one, it's important to take care of yourself, too. Join Derrick Mathis, Executive Director for Commonwealth Senior Living, to learn how to cope with caregiving stress. He'll share tips and tools that you can use to make sure you keep yourself healthy and strong, so you can give your loved one the care that's deserved. Free and open to the community.