

Family Caregivers are at risk for stress or worse - burnout.

















You will not find more time in the day; however, there are things you can do to reduce stress and build emotional resilience.

In a Caregiver Well Being circle, you will experience 60 minutes of healthy coping strategies and tools that you can apply in the moments of every day, including:

- Emotional resilience tools
- Breathing practices
- Healthy movement
- Caregiver affirmations and resources

These strategies can be used while showering, doing dishes, or even while actively caring for a family member or friend. You will also gain a warm and supportive community as well.



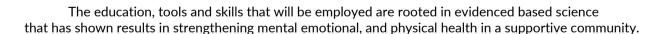
## **Dates**

Thursday's

Starting June 13th, 2024 from 5:30pm-6:30pm Each session is a stand alone so attend anytime as your schedule allows.







## LOUDOUN COUNTY AREA AGENCY ON AGING





If you require a reasonable accommodation for any type of disability or need language assistance to participate, please contact adaptrec@loudoun.gov, 703-777-0343, TTY-711. At least three business days of advance notice is requested; some accommodations may require more than three days of notice.

