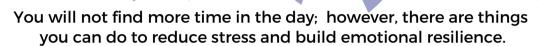


Family Caregivers are at risk for stress or worse - burnout.



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 as personal self-care plans and check-ins.



## Dates

Every Thursday in April from 5 pm - 6 pm Each session is a stand alone so attend as your schedule allows.



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The education, tools and skills that will be employed are rooted in evidenced based science that has shown results in strengthening mental emotional, and physical health in a supportive community.

## 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.

