

Caregiver Stress: How to Minimize Its Effects

Gillian Woods, Ph.D.

**Monday, June 6th
2:00 – 3:30 p.m.**

Join us to gain a better understanding of caregiver stress effects on the mind and body, as well as how best to manage these effects. Learn visualization techniques, breathing exercises, and progressive muscle relaxation.

This free class is open to the community and will meet at the Pat Walker Center for Seniors (12 E. Appleby Road, Fayetteville).
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