



## **DILEMMAS OF CAREGIVING FROM BURNOUT TO SELF-CARE**

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The diagnosis of dementia is a call-to-action. But not being prepared and unfamiliar in the role can cause havoc on your personal mental and physical health. In this webinar, we will talk about what causes the stress of caregiving, how to identify that you're under considerable strain, and how it not only affects you both mentally or physically, but how it affects your caregiving skills. Learn some techniques to de-stress, and reinforce that it is OK to take care of yourself, while taking care of others!

**WEDNESDAY, JUNE 5, 2024**  
**12:00 PM TO 1:00 PM - LIVE VIRTUAL PRESENTATION**

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