



Caring for the Caregiver

Caregiver burnout is REAL. Burnout is caused by long-term stress and occurs when you feel overwhelmed by the constant demands of caring for your loved one. If you're feeling stressed out in your caregiving role, **you're not alone.**

How well you take care of yourself can have a huge impact on your well-being and the person you care most about.

During this interactive workshop, we will explore recognizing our stress, find outlets for managing stress, and will have fun along the way.

About Our Speaker:

Lisa Levine, BS, CDP, is the Senior Director of Programs for Dementia Alliance of North Carolina. Lisa collaborates with government agencies, colleges, other non-profits, faith-based and service-related organizations to implement the mission of Dementia Alliance of North Carolina which is to provide support, services, and resource information to North Carolinians living with dementia, their families, and the community-at-large.

Tuesday, March 19, 2024

9:30 am checkin in

10 - 11:45 education session followed by a simple lunch (provided)

Location of Event:

Piney Green Missionary Baptist Church

6040 High House Road
Salemberg, N.C. 28385

For more information or to pre-register contact:

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North Carolina Family Caregiver Support Program
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www.DementiaNC.org