



Time for Me

Relieving Caregiver Stress & Burnout

Wednesday, September 25
2:00 pm - 4:00 pm

**Community & Senior
Services**

1363 W. Market St.
Smithfield, NC, 27577

To R.S.V.P. Contact:
Barbara at (919) 934-6066
Seating is Limited

Lisa Levine, with Dementia Alliance of North Carolina, will guide a free discussion on the importance of caring for ourselves as caregivers.

Enjoy a care giving break and get some fun ideas on how to incorporate more YOU-time in your day.

In Partnership With:

