



# CareGiver Academy

Providing education and support to caregivers of people living with Alzheimer's disease and other related dementias.

## CAREGIVER STRESS: TIPS FOR TAKING CARE OF YOURSELF

**08**  
FEB

**Whiteville United Methodist Church**  
902 Pinckney St. Whiteville, NC  
1:00PM-2:00PM

**12**  
FEB

**Pender Adult Services/Heritage Place**  
901 S Walker St. Burgaw, NC  
10:00AM-11:00AM

**REGISTER NOW**

**For more information and to register,  
call 910-274-0343  
or [kgray@capefearcog.org](mailto:kgray@capefearcog.org)**

A COMMUNITY COLLABORATION BY

