



Managing Caregiver Stress

Presented by
Nancy Oriola, Decades

Caring for an older, ill or disabled adult can take a lot of time and energy. For people who work or have other family obligations, caregiving can be very stressful. This seminar will provide tips to help you manage your time and find a balance.

When: Thursday, April 29, 2010

4:30-5:30pm

**Where: Albuquerque Public
Schools Training Center
West Tower Conference Room**

**6400 Uptown Blvd. NE
Albuquerque, New Mexico 87110**

When: Thursday, May 6, 2010

12:00-1:00pm

Where: New Heart Inc.

**601 Lomas Blvd NE
Albuquerque, New Mexico 87102
(East of Edith)**



This **Free** Seminar is part of the “Wise Caregiver Advisor” Series hosted by the Department of Senior Affairs, Caregiver Connections Office and Community Partners.

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