

COUNTY OF PICKENS

Pickens County Library System

www.pickens.lib.sc.us



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Take Care of You: Dealing with Caregiver Stress **A workshop presented by the Alzheimer's Association @ Your Library**

As a caregiver for a person with Alzheimer's or another form of dementia, you may be so concerned about caring for them that you don't realize that you are putting your own health at risk. Learn how to recognize and manage your stress and what you need to know to stay healthy at a free workshop presented by the Alzheimer's Association on Monday, March 26 from 6:30-7:30pm at the Hampton Memorial Library in Easley. You will receive information on taking care of yourself as well as local resources.

All are welcome. For more information about this program, please call the library at 850-7077. For more information about the Alzheimer's Association, please visit www.alz.org.

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