

Taking Care of the Caregiver



Learn ways to manage stress by identifying your signs and sources of stress; what happens when you ignore your stress; and things you can do to reduce stress.

Will also include a brief demonstration of quick and useful relaxation techniques any caregiver can use.

Date: Wednesday November 20, 2019

Time: 6:30 PM

Shrewsbury Public Library, 609 Main Street, Shrewsbury

This program is part of a community-wide project entitled "Dancing around the Hard Topics" a reading, viewing and discussion program . While focused on the the book Being Mortal: Medicine and What Matters in the End by Dr. Atul Gawande, the project also looks at the many ways people embrace life at all ages.

Free and Open to all. For more information please call the Library at 508-841-8609

Project Funders and Supporters

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