



# CHAUTAUQUA OPPORTUNITIES

*Helping people. Changing lives.*

## Caregiver Stress

### Presented by Chautauqua Opportunities Alzheimer's Services

The demands of taking care of an elderly loved one can result in a great deal of stress.

Learn how to avoid burnout.

Discover ways you can take care of yourself.

**When:** July 23rd. 6:30 to 7:30 pm

**Where:** Hazeltine Public Library  
891 Busti Sugargrove Rd.  
Jamestown, NY 14701



For more information, please call:

(716)366-3335 x 1236 or (716)661-9430 x 1236.

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