

Caregiver Series

Take a little time for you...

Brought to you by:



159 Stress Management

Lucy Ziegler, MA, LP

It may seem that there's nothing you can do about stress. The bills keep coming, there are never enough hours in the day and your career and family responsibilities will always be demanding. However, you have more control than you might think. In fact, the simple realization that you're in control of your life is the very foundation of stress management.

Tuesdays—Sep 17-Oct 1 6:00-7:30 pm
Fee: \$10.00

160 Balancing Work and Caring for a Family Member

WellMed

Are you caring for a family member and also working outside your home? This session will discuss the special challenges you face and how caregiving not only impacts you, but your family and your employer.

Tuesday— Nov 12 6:00-7:30 pm Fee: \$3.00

161 Understanding Medicare for Mom and Dad

Nancy Posos, Bexar Area on Aging

Get a tune-up on everything you need to know about Medicare so you can be in tip top shape to help make the right decisions for Mom and Dad.

Tuesday- Oct 15th 6:00-7:30 pm FREE

162 Relaxation: Importance and Techniques

WellMed

Do you get to the end of the day feeling like you have been completely drained of all energy and are unhappy with yourself? This session will discuss the need for relaxation in your daily routine and some proven techniques to lower your stress.

Tuesday— Oct 22 6:00-7:30 pm Fee: \$3.00

163 Living Guilt Free

WellMed

When caring for a loved one or family member, do you sometimes feel guilty even when you are trying so hard to do what is right? This session will focus on the struggle between being your "ideal" self" and what is realistic for you to accomplish on a day-to-day basis.

Tuesday— Oct 29 6:00-7:30 pm Fee: \$3.00

164 Top 5 Ways To Thrive As A Family Caregiver

WellMed

Have you thought about what things make caring for a loved one or family member so difficult? This session will help you identify the things you have had to change in your life, including how you thought your future would be.

Tuesday—Nov 5th 6:00-7:30 pm Fee: \$3.00

Classes held at OASIS at Morningside
(Corner of McNeel and St. Cloud)

Call for more information at (210) 236-5954

www.oasisnet.org