



## ALAMO CAREGIVER TELEPHONE LEARNING SESSIONS

MONTH	DATE	TIME	TOPIC
MAY	Thursday, May 20th	7:00 pm	Caregiving 101
JUNE	Wednesday, June 2nd	11:30 am	Top 5 Ways to Thrive as a Family Caregiver
	Thursday, June 17th	7:00 pm	Safe Use of Medications
JULY	Wednesday, July 7th	9:00 am	The Tell Tale Signs of Caregiver Stress
	Wednesday, July 21st	4:00 pm	Living Guilt Free
AUGUST	Wednesday, August 4th	7:00 pm	How Do I Spell Relief: A Caregiver's Guide to Stress Management
	Wednesday, August 11th	7:00 pm	For Better or For Worse: The Challenges of Caring for a Husband or Wife
	Thursday, August 26th	9:00 am	Developing a Care Plan: Know Your Future Now

**For more information, visit our website at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)  
or call (210) 877-7987 or (866) 390-6491 Toll Free**

