

The Harris County Area Agency on Aging (AAA)
presents:

Conversations with Caregivers

MANAGING TIME AND STRESS



Conversations with Caregivers provides an opportunity for caregivers of loved ones an intimate forum to learn valuable information, develop caregiving skills, and network with one another.

During our meeting, we will discuss tips on:

- 🧩 Time Management
- 🧩 Relaxation Techniques
- 🧩 How to manage stress

Saturday, April 25, 2015
10:00 am-12:00pm
Southwest Multi-Service Center
6400 High Star, Houston, TX 77081

Refreshments will be provided.

Please RSVP by April 20, 2015 if you would like attend.
Also, if you need Respite or Transportation services, please
Contact **Gabriella Laster** at (832)393-4528 by April 13, 2015.

Gabriella.laster@houstontx.gov

