

CHATS' Caregiver Support & Education Presents

Age and Stress



Tuesday March 21st, 2017

11:30 a.m. – 12:30 p.m.

Armadale Community Centre - 2401 Denison St, Markham, ON L3S 1G3

Guest Speaker: Vandita Trivedi, Caregiver Education Counsellor

This is a FREE information session! In this presentation you can hope to learn

The common symptoms associated with stress and its impact

How to support seniors coping with stress

Information and tips on how to prevent stress, coping techniques
and self-care strategies

**For more information, or to register, please contact Vandita Trivedi,
Caregiver Education Counsellor at 905.713.3373 ext. 6527 or vtrivedi@chats.on.ca**



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