



# Caregiver Stress Management Workshop

Caregivers Nova Scotia has been invited by the **March Of Dimes Canada (MODC)** to deliver our Caregiver Stress Management Workshop to family & friends who give care to a person with a physical disability.

Our goal is to help you identify common stressors and address them before they become harmful to your health. We will focus on strategies to regain or maintain your life balance.

Please join **Caregivers Nova Scotia** for this free workshop on:

**Tuesday, October 18th, 2016**  
**6:00 pm – 8:00 pm**  
**March of Dimes Office**  
**7071 Bayers Road, Suite 153**  
**Halifax, NS**

**Please register on or before October 14<sup>th</sup>** by calling  
Brittany Jennings, Lead Conductor, at 902.444.1090.

Light refreshments will be provided

