

N E W
Speaker Series for Caregivers
And
Caregiver Support Group

Share feelings, needs and concerns in a supportive nonthreatening, nonjudgmental atmosphere. Learn to reduce stress while caring for an aging loved one.

July 20th

How Aroma and Energy Therapy Relieves Stress

Empower the Healer in You

Angela Melton

Eden Energy Medicine-Certified Practitioner

August 10th and August 24th
Care Giver Support Group ONLY

1st and 3rd Wednesday Ongoing

6:30 PM – 8:00 PM (NO Entry Fee)

Refreshments Served

The Albuquerque Grand Senior Living

1501 Tijeras NE

Off Martin Luther King Blvd east of I-25, west of University Blvd.

Sponsored by

Senior Care Options, Inc.

The Albuquerque Grand Senior Living

RSVP: 836-5794 Sharon or 321-03333 Colleen