

AGE of Central Texas presents a

Free Caregiver Seminar

Holiday Stress Reduction For Caregivers

Dr. David Zuniga, clinical psychologist and expert on caregiving and chronic illness, will discuss incorporating mindfulness-based practices into daily routines to reduce stress and feel more emotionally balanced.

Saturday, December 1, 2018
10:00 a.m. to Noon

The AGE Building - St. David's Conf. Room
(3710 Cedar Street, Austin, TX 78705)

Sign up today! Space is limited, and registration is required.

Register at **<http://tinyurl.com/AGEdecember2018>**
or call **512-600-9275** for more information.

A limited amount of free, respite care is available during the seminar at AGE's Austin Adult Day Health Center **by RSVP Only**. To RSVP, please make your request by calling 512-600-9275 by **November 28th**.



Register
with your
Smart Device

