

NOVEMBER 2023



# Caring for the Caregiver

## ONLINE SEMINAR

People who experience caregiver stress can be vulnerable to changes in their own health. In this session we will explore how to cope with caregiver stress while supporting our loved ones.

## LET US HELP

Visit your home page starting November 21st

WEBSITE: [www.cmgassociates.com](http://www.cmgassociates.com)

PASSWORD: Newton



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