



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOU MATTER TOO

## THE JOURNEY OF CAREGIVING

Thursday, April 19 at 11:15 am

**NSYMCA X-Zone – FREE and open to the community**

Caregiving can be stressful and overwhelming. Join us as we explore this journey and how to balance all of the stressors while maintaining health of mind, body, and spirit. Eileen Considine Boggins comes to us from JourneyCare and brings with her years of experience in working with caregivers as she hosts a discussion about the journey of caregiving.

### Information

Learn about options and strategies to help you make educated decisions regarding your caregiving situation. Understand that you are not alone, and you do have choices and options and support.

### What do you need?

- Share information
- Discuss options
- Ask questions
- Find answers
- Build a strategy
- Gain support

A part of the NSYMCA  
ADULT EDUCATION SERIES

For more information contact:  
**Karen Brownlee**  
kbrownlee@nsymca.org  
847-275-0079

