A free six-week educational program designed to help family caregivers take better care of themselves while caring for a friend or relative.

This course is for family caregivers like you!

We are offering this course in person and online.

**In person during the day**
Day and Time: Tuesdays, 1:30 pm – 3:00 pm  
Location: Bear Canyon Senior Center  
4645 Pitt St NE, Albuquerque, NM 87111

**Online in the evening**
Day and Time: Tuesdays, 5:30 pm - 7:00 pm  
Location: Zoom - RSVP for the link  
This course is generously sponsored by AARP.

**Online during the day**
Day and Time: Wednesdays, 1:00 pm-2:30 pm  
Dates: Oct. 11, Oct. 18, Oct. 25, Nov. 1, Nov. 8, Nov 15  
Location: Zoom - RSVP for the link

Registration is required  
Call us: 505-494-4021  
Visit us: www.familycaregivernm.org