



PRESS RELEASE

For immediate release

Date: September 1, 2015

Contact: Human Development Commission
(989) 673-4121

The Human Development Commission (HDC) recently received a grant from Sanilac County Community Mental Health Authority to provide a free half-day caregiver event called *Preventing Caregiver Overload: A Journey of Self-Care*.

The event will take place on September 18, 2015 from 9:00 a.m. – 2:00 p.m. It will be centrally located in Sanilac County at Countryside Free Methodist Church in Sandusky. Breakfast and lunch will be provided for all attendees and it will feature four educational sessions with professional speakers and a Caregiver panel.

Participants can network and fellowship with one another while learning about ways to manage stressors caused by the task of caregiving. To provide respite during the workshop, HDC is using some funding to sponsor up to 20 care recipients at its Sandusky Adult Day Center.

To register, or obtain more information, please contact Kristen at 989-672-1796.

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