

CAREGIVER SUPPORT AND MENTAL HEALTH

Presenter: Erin Johnson, Caregiver Support Coordinator; ADRC-Central Wisconsin

Do you help someone with their medications, assist them in getting to their doctor appointments, help with grocery shopping or other household chores?

If you do, you're a caregiver!

Join us to talk about:

- Challenges of balancing caregiving and work
- Difficult feelings that can come with being a caregiver—like anger and guilt
- Local resources that are available to help

Thursday, June 21

12:00-12:45pm

Wood County Courthouse

Room 114

RSVP: Wendy Young at 715-421-8437

or wyoung@co.wood.wi.us

This event is open to the community!

It is part of the Wood County Employee Wellness Program. Employees can earn 100 wellness points for Quarter 2.



Presenting Partners:

- Employee Wellness
- UW-Extension
- Healthy People Wood County
- Health Department
- Wisconsin Rapids Community Media