

## **Join us at our next EAP seminar**

### **“Managing Stress as a Caregiver”**

**Date: Wednesday, October 3**

**Time: 2:00 p.m. to 3:00 p.m.**

**Location: Columbia University, Studebaker Building, 4th Floor, Room 469**

Dear Faculty and Staff,

If you are one of the nearly 40 million Americans providing care to an older adult, you know that caregiving usually involves juggling many responsibilities. Although caring for loved ones can be very fulfilling, the time and energy involved can also be draining.

***After participating in this seminar, you will be better able to:***

- Identify caregiving rewards and challenges
- Recognize stress signs and symptoms
- Manage and reduce caregiver stress

To attend, please RSVP to Lucia Leon at [ll2935@columbia.edu](mailto:ll2935@columbia.edu).

We look forward to your attendance.

Sincerely,

Columbia University Human Resources