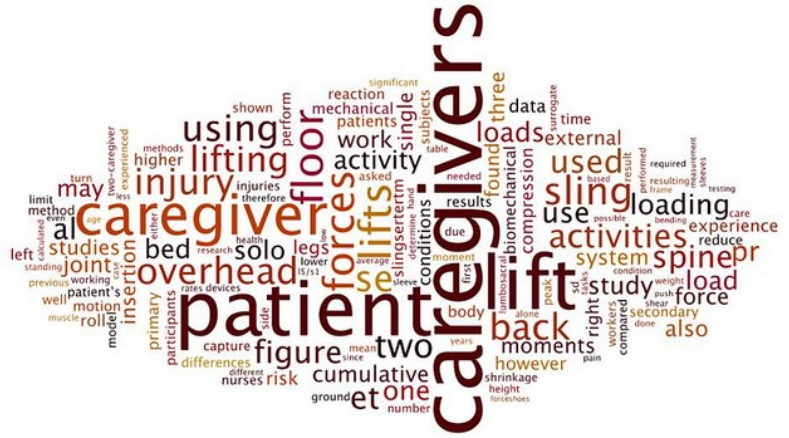


Eau Claire Caregiver “Virtual” Café



**1st & 3rd Tuesday of each Month
9 to 10:30 A.M.**

**“Virtual” Meeting Place: WEBEX internet from the
Comfort of your home**

What is a Caregiver Café?

The caregiver café offers an informal and comfortable way for caregivers to join others to discuss issues, experiences, and share ideas about caregiving.

What Can You Expect?

- Social connection with others
- Peer Support
- An informal and relaxed environment
- Reduced Stress
- Respite services are available. Please contact the ADRC if respite is needed.

For more information, contact the
Aging & Disability Resource Center at
715-839-4735 or ADRC@co.eau-claire.wi.us

