Are YOU a care partner caring for a loved one living with dementia at home?

Interested in learning how to effectively manage stress?

Mason CARES

Aresearch study assessing the effect of an evidenced-based virtual education program on care partner stress-management

Join a virtual community of individuals with this shared experience

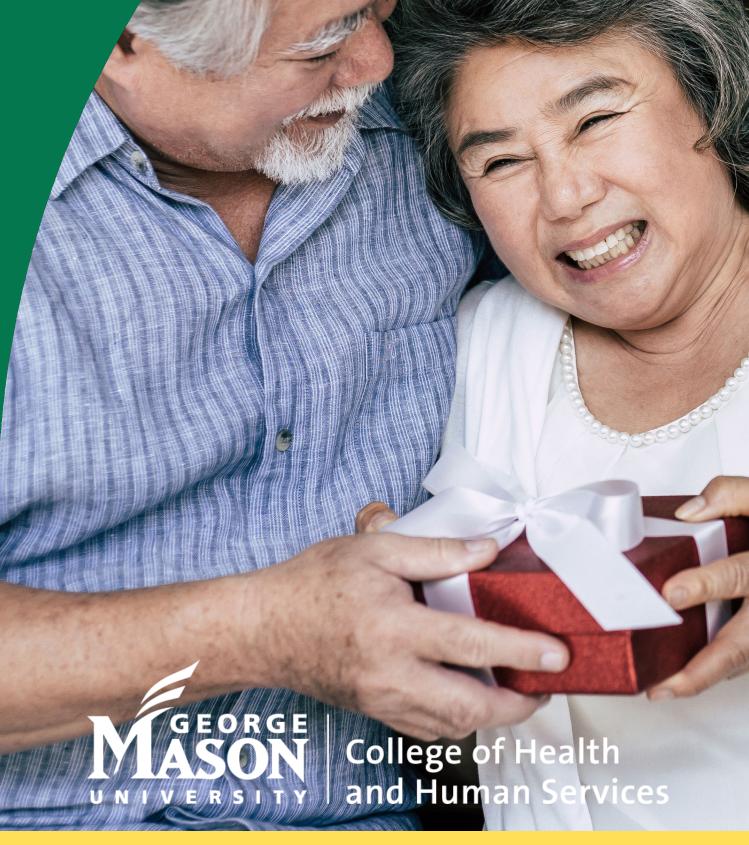
Participate in a FREE online 9-week evidence-based Stress-Busting Program (SBP) for Family Caregivers™

Continue in the program for one-month following SBP

Receive \$50 and much more for completing the research study

Recruitment is ongoing and our next sessions will start during the week of March 28th

For inquiries, contact us: <u>gerorsch@gmu.edu</u> • 571-492-4188



https://gerontology.socialwork.gmu.edu/masoncares

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