



PRESS RELEASE

FOR IMMEDIATE RELEASE

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Caregivers invited to learn how to manage stress

Caregivers throughout Micronesia are invited to a free one-hour Zoom session to learn how to take care of themselves through the challenges of caring for others.

The Guam/Micronesia Geriatrics Workforce Enhancement Program through the University of Guam's School of Health will be hosting two live "Managing Caregiver Stress" sessions:

- 6 p.m. – 7 p.m. on Thursday, Nov. 12
- 10 a.m. – 11 a.m. on Saturday, Nov. 14

The session will address the role of caregivers, different types of caregiver stress, how to manage stress, and tips on taking care of oneself as a caregiver. Participants will also have an opportunity to engage in a Q&A session after the presentation with Margaret Hattori-Uchima, dean of the School of Health, co-project director of GWEP, and a registered nurse with a doctorate in nursing.

To register for the Nov. 12 session, visit <http://bit.ly/CS111220>. To register for the Nov. 14 session, visit <http://bit.ly/CS111420>. For more information, call (671) 735-2652 or email uog.gwep@triton.uog.edu.

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