Health and Wellness Tip of the Week

Week 46 – November 11, 2019

It's Ok To Ask For Help

Sometimes as caregivers, we feel it is our responsibility to take care of *everything*. It's important to remember that it's ok to ask for help. It doesn't mean you are weak. It doesn't mean you aren't a great caregiver. It just means you need some support. Accept offers of help from people you can rely on. People who care about you want to help you!

Source: Centers for Disease Control and Prevention

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Our mission is to promote health awareness and encourage healthy lifestyles.

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