CENTER *for*
BRAINHEALTH®
THE UNIVERSITY OF TEXAS AT DALLAS



CAREGIVING IS DEMANDING. TAKE TIME TO RESTORE.

iRest® Meditation for Alzheimer's & Dementia Caregivers

- Reduce Stress
- Restore Balance
- Build Resilience
- No Experience Needed

FREE WEEKLY SESSIONS

Wednesdays
1–1:40 p.m.

SCAN THE QR CODE BELOW:

A moment for you.
A stronger you.
A better tomorrow.

Through the generous support of Ann and Phil Steely and other donors, iRest sessions are available at no cost to Alzheimer's and dementia caregivers through the Center for BrainHealth.

Upon arrival, sign in at the iREST desk and check the box labeled **"Alzheimer's Caregiver."**

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