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## **Stress-Busting Program for Family Caregivers Rolling Out In South Dakota**

**50 Classes Focusing On Relief For Dementia Caregivers Offered By Year-end**

**San Antonio, TX** – The Stress-Busting Program for Family Caregivers, a signature program of the WellMed Charitable Foundation, will be introduced across South Dakota this year through an agreement with CAREgivers by Active Generations.

**Stress-Busting Program For Family  
Caregivers – South Dakota**

**Phone:** 1-800-360-6161  
**Web:** [www.caregiverssd.org](http://www.caregiverssd.org)

The Stress-Busting Program for Family Caregivers in South Dakota will be a nine-week curriculum focusing on family caregivers dealing with loved ones with dementia. Complimentary classes in several South Dakota communities begin in April.

The non-profit Active Generations is one of the state's premier service providers for older adults and their families. Its CAREgivers program offers services to family caregivers. South Dakota joins Texas as the second state to date to take the Stress-Busting Program for Family Caregivers statewide.

"We saw the value of the Stress-Busting program and we knew we had to take it statewide," said Bobbie Jo Leggett, state program director for CAREgivers by Active Generations. "It needed to reach as many people as possible."

A minimum of 50 classes will be taught across the state by November. Officials hope to create awareness and promote expansion of the program in those South Dakota communities.

The Stress-Busting Program is a nine-week curriculum taught one day a week for 90 minutes and led by a certified instructor. Classes are designed to:

- Improve the quality of life of family caregivers who provide care for anyone with chronic disease or illness
- Help caregivers manage their stress and cope better with their lives

Through education, support, relaxation and coping techniques, Stress-Busting classes are proven to help individuals who care for loved ones with various chronic conditions.

Information about classes and how to sign up for them can be found on the [CAREgivers](http://www.caregiverssd.org) website ([www.caregiverssd.org](http://www.caregiverssd.org)) or by calling toll-free at **1-800-360-6161**.

Researchers started developing the Stress-Busting Program in 1996 at the University of New Mexico and continued their work in 2001 at the University of Texas Health Science Center in San Antonio. In 2013, the WellMed Charitable Foundation became the distributor of the evidence-based program making it available for any agency via licensing.

More information about the overall [Stress-Busting Program for Family Caregivers](http://www.caregiverstressbusters.org) can be found at [www.caregiverstressbusters.org](http://www.caregiverstressbusters.org).

*The WellMed Charitable Foundation ([www.wellmedgives.org](http://www.wellmedgives.org)) is a non-profit 501(C)3 organization that supports seniors and their caregivers with special emphasis on wellness, prevention and living with chronic illness. Established in 2006 by Dr. George M. Rapiet III, a noted physician and the Chairman of the Board, the Foundation has contributed more than \$3 million to Texas-based non-profit groups. The Foundation oversees several initiatives benefiting seniors and caregivers, including Caregiver SOS resource centers, the Caregiver Teleconnection, and senior center health and wellness programs.*