



FOR IMMEDIATE RELEASE

**The Birches' Support Group to Discuss
"Love and Burnout: Caregivers Need Care Too"**

NEWTOWN, Pa., March 5, 2019–The Birches at Newtown Personal Care and Memory Care is pleased to invite the public to attend a free caregiver's support group meeting on Wednesday, March 20 at 6 p.m.

When you put all your time and energy into caring for your loved one living with Alzheimer's disease or another form of dementia, you can start to feel burned out. You need love and care too! Join The Birches and special guest Pat Shirley, LCSW, from Kindred Hospice for tips to reduce stress using a holistic approach.

The Birches' support group is open to anyone in the community, including families who have residents living at the senior community. Light refreshments served.

This event is free and open to the public. RSVP requested by March 18. For more information or to RSVP, please call 215-497-7400.

The Birches, Newtown, PA offers Personal Care and Memory Care in a unique retirement community. Residences are available on an affordable month-to-month lease with no buy-in fees. Resident services include meals, housekeeping, medication management, social events and transportation. For more information about The Birches, please call 215-497-7400 or visit www.thebirchesatnewtown.com.

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