

# *Strength for carers in the time of COVID19*



**With:**

**MIND RELAXATION - DIA-  
FRAGMATIC RESPEIRA-  
TION**

## **Join online sessions**

- **Take no more sleeping pills**
- **Enjoy healthy life with powerful breathing**

**To register contact:**

**Iran Dementia and Alzheimer's Association**



[alzheimer.iran@yahoo.com](mailto:alzheimer.iran@yahoo.com)



[www.iranalz.ir](http://www.iranalz.ir)