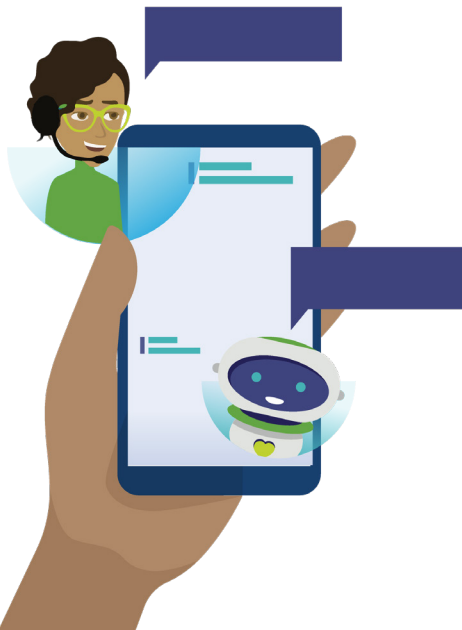




Uplifting support for caregivers



A **free** program for caregivers in our community

As a caregiver, you face unique challenges and stresses. While caregiving has its rewards, it comes at a cost.

That's why we're offering caregivers a free program of support for help with loneliness and isolation, stress, and caregiver fatigue. The friendly staff and easy-to-use app support you with compassion and practical help.

- ✓ **Free, unlimited calls to our trained staff who understand the challenges of caregiving**
- ✓ **Activities and tools to support you as a caregiver and help you feel less alone**
- ✓ **Access to resources like respite care, support groups, and more**

You're not alone. We encourage you to sign up for the Pyx Health program using code 'lakeland.' When you're supported with compassion and understanding, you and the one you care for benefit.



Download the Pyx Health app on your phone or tablet to get started.

No smartphone? You can also sign up by phone or web.

**Use partner code
lakeland**

Phone 1-855-499-4777 (TTY: 711)

Web PyxHealth.com/store-download

