

Caring for a loved one can

TAKE a lot out
of you

mentally and physically. We all need time –

TIME to study, to buy groceries,
to be alone.

If you're one of the 2.7 million people in

TEXAS who care
for a loved one,

WE CAN HELP.

CARE, SUPPORT AND COMMUNITY FOR TEXAS CAREGIVERS.

LEARN MORE AT **take
time**
TEXAS .ORG