

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.

**take  
time**  
**TEXAS**

LEARN MORE AT [take.time.texas.org](http://take.time.texas.org)