



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



## E-Card: WII Caregiver Support



 Battle burnout by getting help before you feel overwhelmed. Family and friends, as well as church and community groups, are all great places to start.

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Text: For more resources visit:

[NMCPHC Caregiver Support Webpage](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-caregiver-support.aspx)

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