



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

If you provide assistance to someone who is ill, disabled, or needs help with daily activities...you are a caregiver!

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase ability to make tough decisions
- Locate helpful resources

WHEN: Tuesdays
April 2nd thru May 7th, 2019

WHERE: **Dove Healthcare– South
Recreation Room**
3656 Mall Drive
Eau Claire, WI 54701

TIME: 10-11:30 AM

COST: \$10.00
Scholarships available
Includes materials,
refreshments and
The Caregiver Helpbook

Registration

Class size is limited and registration is required. Please register by Thurs. March 21st, 2019 by contacting the Aging & Disability Resource Center at 715-839-4735