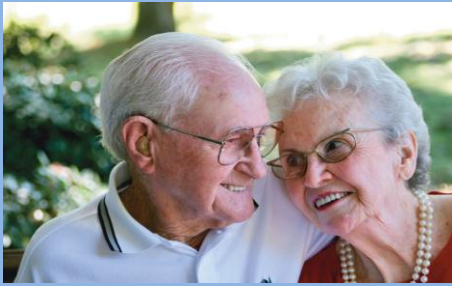


# Powerful Tools FOR Caregivers



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with  
Resources



Balance your Life

Take Care of Yourself

**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, or friend.

Participants will learn to:

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

**Dates:** Thursdays, 1/30 - 3/06 (6 weeks)

**Times:** 9:30 AM-Noon\*

**Location:** 832 North 6<sup>th</sup> Street, Sheboygan

**Cost:** \$30

\* Hot lunch at noon compliments of:



Brought to you by:



To register, call: (920) 467-4100

*Space is limited; register early!*

To register, call (920) 467-4100 and mail check for \$30.00 payable to:

**Sheboygan County Aging & Disability Resource Center, 650 Forest Ave, Sheboygan Falls, WI 53085.**

Payment covers cost of materials. Call to request respite for care recipient during the workshop.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_