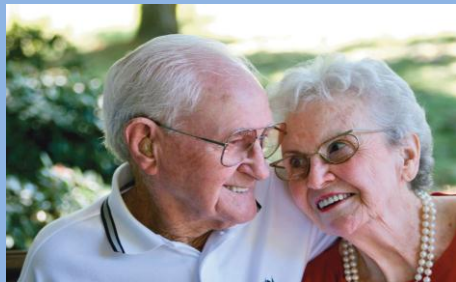


Powerful Tools FOR Caregivers



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: Tuesdays April 1 to May 6, 2014

Times: 12:30 PM-3:00 PM

Hot Lunch @ noon

Compliments of Sheboygan Senior Dining Site

Location: Generations Intergenerational Center
1500 Douglas Drive, Plymouth

Cost: \$30.00 (cost of materials)

Brought to you by:



St. Nicholas
Home Health
& Hospice

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM



Plymouth
Care Center, LLC

To register, call: 920-467-4100

Space is limited; register early!

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.

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

Name: _____ Phone: _____

Address: _____

City, Zip: _____