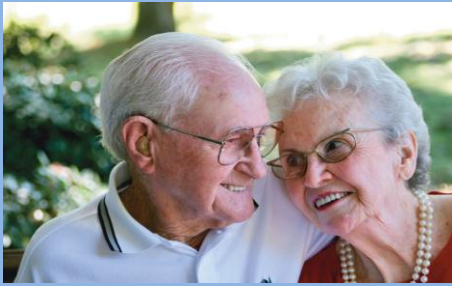


Powerful Tools FOR Caregivers



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, February 17, 24, March 3, 10, 17 and 24, 2015 (6 weeks)

Times: 9:30 AM-Noon*

Location: 832 North 6th 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: _____