



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

**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.

Class meets for 90 minutes once per week for six weeks.

**Dates: Wednesday's, Sept. 12 – Oct. 17, 2018**

**Time: 10:00 am – 11:30 am**

**Location:** Peace Lutheran Church  
335 W. Prairie St., Wautoma

**Cost:** FREE \*pre-registration required

**Space is limited!**

**Call 920-294-4100 to register. Need respite? Inquire at time of registration.**