



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



Rock County Council on Aging

presents:

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: August 2, 2018 – September 6, 2018

Time: 12:00 p.m. – 2:00 p.m.

Location: Merrill Community Center

Cost: \$10.00 (Scholarships may be available)

**To register call Lisa Jackson, Health Promotion Coordinator
Rock County Council on Aging
608-757-5309**

Space is limited; register early!