

Are you stressed by caregiving?

Powerful Tools for Caregivers



A 6-part workshop series designed to help family caregivers find balance while caring for a loved one.

Learn to:

- * Reduce stress
- * Make tough decisions
- * Navigate family dynamics
- * Connect with resources

Thursdays, April 25th - May 30th 1:00-3:30
Meridian Senior Center
1920 North Records Way (Meridian)

Thanks to sponsors and dedicated volunteers, this class is offered FREE of charge!

What family caregivers say about Powerful Tools for Caregivers:

“It has taught me so many things that I have needed to know.
Most of all--I am not alone.”

“I wish I hadn't waited so long to take this class!”

For more information, or to register
call Anne Shoup 208-947-4281 or email ashoup@jannus.org



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