

Powerful Tools for Caregivers

For All Family 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

FALL PTC CLASS ONLINE WITH ZOOM!

Zooming Into Powerful Tools is easy!
All you need is a computer or tablet
Practice Zoom meetings and individual help are offered
so you are ready for your first class!

What care partners 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."*

Tuesday AFTERNOONS from 1:30 to 3:00

October 19th-November 23rd, 2021

Registration is required to maintain small class sizes.

For more information or to register :
call: (208) 947-4283 email: kkouba@jannus.org

Online registration available at www.agingstrong.org

New classes scheduled year round— join our mailing list for updates!

