


CAUTION: This email originated outside the State of Idaho network. Verify links and attachments **BEFORE** you click or open, even if you recognize and/or trust the sender. Contact your agency service desk with any concerns.



Powerful Tools Workshop for the Family Caregiver

Starting March 5th, 2025 IN-PERSON, Meridian

Powerful Tools Workshops are FREE!


Powerful Tools for Caregivers Workshops are designed for YOU, the family caregiver. Classes are established for a caregiver or their care recipient age 60 and older. REGISTRATION IS REQUIRED!

Workshop details:

Start Date: Wednesday, March 5th-
Classes run every Wednesday for 6 consecutive weeks, March 5th-April 9th

Time: 1:00—3:30

Location: Grannie on the Move, 3587 E Overland Rd, Meridian, ID (in the Silverstone Plaza)



**Caregiver Burnout is Real -
Don't Wait Any Longer!**

JOIN US TO LEARN:

- *Tips to Reduce Stress
- *Improve Self Confidence
- *Caregiver/Recipient Communication
- *Making Tough Decisions
- *Navigating Family Dynamics
- *Resources for Your Specific Needs


Have You Heard About Our Memory Café?

For people with memory loss and their caregivers. A safe space for people to mingle, learn, laugh and come together. Offered at NO COST! Meetings held monthly online and in-person. Contact Karen Kouba McIver for locations, dates and times.

For questions or assistance in registering for this class, or to schedule a Powerful Tools Workshop for your group, please reach out to:

Karen Kouba-McIver, Project Lead

Phone: 208.947.4283 Email: kkouba@jannus.org



www.AgingStrong@jannus.org

Aging Strong Programs of Jannus
3501 W Elder St Suite 104
Boise, ID 83705 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)

