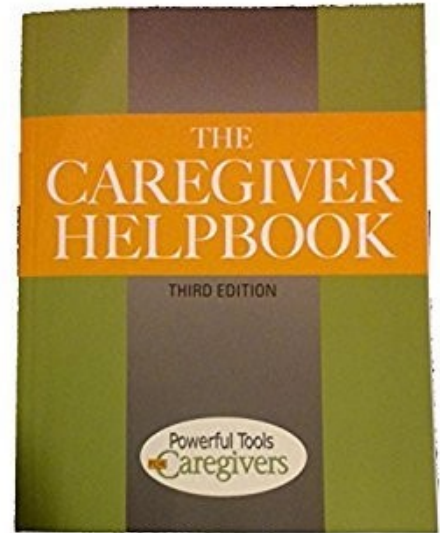


Powerful Tools for Caregivers

They're depending on you.

- When you give yourself the tools, everyone benefits.
- **Evening Opportunity!**
Do day-time events conflict with your work schedule? This class is for you!



This 6-week workshop will help anyone caring for an older friend or relative, whether it's at home, in a nursing home, or across the country. **Powerful Tools for Caregiving** is an evidence-based program that helps you develop a wealth of tools to...

- reduce stress
- change negative self-talk
- communicate more effectively
- recognize the messages in emotions
- make tough caregiving decisions

Donations are encouraged.

*Funded in part by the SEMN Area
Agency on Aging as part of the Older
Americans Act*

Tuesdays, April 19th-May 24th

5:30-7pm

Elder Network Office

1130 1/2 7th St NW, Suite 205,

Rochester, MN 55901

Class size is limited.

Transportation and respite care may be
available with advanced notice.

For more information, call

507-285-5272

Elder Network Services are available to all eligible persons regardless of race, color, sex, religion, disability, or national origin. Elder Network is a non-profit organization.

