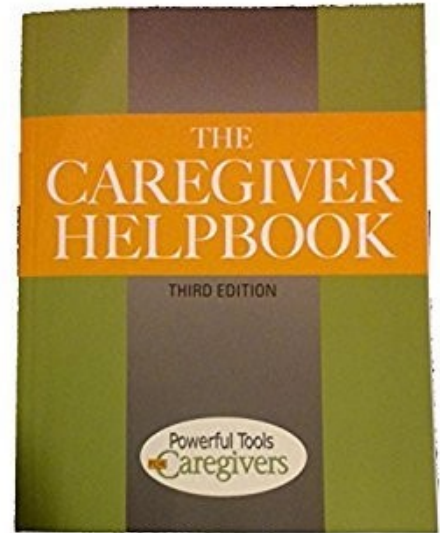


Powerful Tools for Caregivers

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, Oct. 18th-Nov. 22nd
5:30-7pm**

**Virtual Class on Zoom via the Elder
Network Office**

Class size is limited.

Registration is required by Oct 11th.

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.

