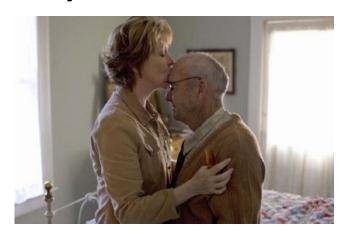
## **Powerful Tools for Caregivers**

They depend on you....

Give yourself the tools to succeed.





This 6-week workshop will help anyone caring for an older friend or a 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

Workshop Fee is \$60, includes caregiver help book. (financial assistance available for those who qualify.)

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



Thursday's May 25th-June 29th, 2023

10-11:30am @ Madonna Summit 551 Byron Main Ct NE, Byron, MN

Class size is limited.

Respite care may be available with advanced notice. Registration is required by May 15th 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.