

Area Agency on Aging 1-B



Powerful Tools FOR Caregivers

"After taking this class, I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... and a healthier 'us'!"
~Powerful Tools Participant

POWERFUL TOOLS FOR *Caregivers*

WHAT YOU'LL LEARN

- ✓ How to communicate effectively with family and health care providers
- ✓ How to reduce stress and take care of yourself
- ✓ How to reduce feelings of guilt, anger and depression
- ✓ How to make tough decisions

FOR MORE INFORMATION CONTACT US 1 OF 3 WAYS:



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tinyurl.com/AgeWaysWorkshops

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