


# Take Better Care of Yourself and Better Care of Your Loved One

**POWERFUL**  
**TOOLS**  
*for Caregivers*



It's not easy  
to care for a  
loved one.

We can help...



**When you take care of  
yourself, everyone benefits!**

Classes consist of six, 90-minute  
sessions held weekly:

**Date:** Wednesdays, Oct 4th - Nov 8th

**Time:** 11:30am-1:pm (light lunch provided)

**Location:** Conference Room  
Luekens South, Bemidji

**Cost:** \$25.00 (includes all 6 classes  
& the Caregiver Helpbook)

*Scholarships available upon request, provided by the  
United Way of Bemidji Area*

**RSVP to Missy: (218) 333-8266**  
or [info@northwoodscaregivers.org](mailto:info@northwoodscaregivers.org)

*\*Respite Care may also be provided at no cost, based on availability\**

