

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



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

We can help...



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



POWERFUL
TOOLS
for Caregivers



When you take care of yourself, everyone benefits!

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

Date: Wednesdays, Jan 9th — Feb 13th

Time: 9:30am-11:00am (snacks 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 Karen: (218) 333-8098
or info@northwoodscaregivers.org