

# 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...  Hosted by  
**NORTHWOODS**  
**CAREGIVERS**

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

**Date:** Mondays, October 22nd - December 3rd, 2018

**Time:** 11am - 12:30pm (A light lunch will be included!)

**Location:** Red Lake Nation Tribal College, Red Lake  
Transportation Assistance may be available. Contact us with questions.

**Includes a copy of the Caregiver Helpbook**

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

***RSVP to Karen Holstein Bedeau:***

***(218) 333-8098***

or [info@northwoodscaregivers.org](mailto:info@northwoodscaregivers.org)

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