

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, Nov 6th - Dec 11th

Time: 5pm - 6:30pm (A light supper will be included!)

Location: Red Lake 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

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