

# Powerful Tools FOR Caregivers

Presented by:



Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. By taking care of your own health and well-being, you become a better caregiver. Each participant will receive a copy of the Caregiver Help book.

## This class will give you the tools to help:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
- Better Communicate Feelings
- Make Tough Decisions
- Locate Helpful Resources

### Location:

Bemidji Senior Center  
216 3rd St NW, Bemidji, MN

### Dates:

May 5th, 12th & 20th

### Time:

9:00am-12:00pm



This class will be facilitated by staff of Northwoods Caregivers.  
Please call our office to register by April 28th  
218-333-8264

