

Powerful Tools FOR Caregivers

Presented by:



Powerful Tools for Caregivers is a 3 week class that will 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:

Walker Public Library
203 Tower Avenue West
Walker, MN 56484

Dates:

August 3rd, 10th
& 17th

Time:

9:00am-12:00pm



This class will be facilitated by staff of Northwoods Caregivers.
To register, Call Earlene Buffalo at
218-333-8261