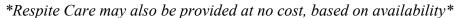
## **Take Better Care of Yourself and Better** Care of Your Loved One











## yourself, everyone benefits!

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

**Date:** Saturdays, June 24th - Aug 5th (no class July 15th)

**Time:** 9-10:30am (light breakfast 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 Missy: (218) 333-8266 or info@northwoodscaregivers.org