


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...



When you take care of yourself, everyone benefits!

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

Date: Thursdays, Apr 26th – May 31st

Time: 10:00am-11:30am (snacks provided)

Location: Conference Room
Luekens North, 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 Kathryn: (218) 333-8097
or info@northwoodscaregivers.org

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

