

# 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, June 2nd - July 7th

**Time:** 6pm - 7:30pm

**Location:** Medial Center Education Room  
203 4th St NW, Bagley

**Cost:** \$25.00 (includes all 6 classes & the Caregiver Helpbook)

*Scholarships available upon request, provided by the United Way of Bemidji Area*

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

**RSVP to Missy: (218) 333-8266**  
or [info@northwoodscaregivers.org](mailto:info@northwoodscaregivers.org)

