


# 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:** Saturdays, Sept 3rd - Oct 8th

**Time:** 10:30am - 12:00pm

**Location:** Lueken's North, Bemidji

**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)

