


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: Tuesdays, July 26th - Aug 30th

Time: 2:30 - 4:00pm

Location: The Old School, Kelliher

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

