

Area Agency on Aging 1-B



Powerful Tools
FOR Caregivers

*"After taking this class,
I am a more confident
caregiver! Having tools
to resolve problems is a
definite advantage in
becoming a better
caregiver and a happier,
wiser, healthier me... and
a healthier 'us!'"*
~Powerful Tools
Participant



POWERFUL TOOLS FOR *Caregivers*

WHAT YOU'LL LEARN

- ✓ How to communicate effectively with family and health care providers
- ✓ How to reduce stress and take care of yourself
- ✓ How to reduce feelings of guilt, anger and depression
- ✓ How to make tough decisions

Virtual Workshop on Zoom

Tuesdays, 1/14/25 - 2/18/25

1:00 PM - 2:30 PM

No Cost, Donations Accepted

**Three ways
to register:**

833-262-2200

wellnessprograms@ageways.org

tinyurl.com/AgeWaysWorkshops

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