

TAKING CARE OF YOU: POWERFUL TOOLS FOR CAREGIVERS

New class starting Monday, March 1st in Olympia



Do you - as a spouse, adult child, relative or friend -
provide care for an adult loved one with a chronic illness or disability?

"Powerful Tools for Caregivers"

A six week educational series designed to provide you, the caregiver,
with tools needed to take care of yourself while caring for a loved one.

Classes consist of interactive sessions;
discussions and brainstorming to help you
take the "tools" you choose and put them into action in your life.

Classes are free and taught by trained and certified class leaders.

Six Monday Afternoons,
March 1 – April 5
1:00PM-3:30PM
Olympia Senior Center
To register: 360-586-4491

Space is Limited - Reservations Required

Sponsored by:
Senior Services for South Sound
Lewis Mason and Thurston County Area Agency on Aging
www.southsoundseniors.org
www.lmtaaa.org

If you are interested in scheduling respite care,
Please call STARS Adult Day Program at 360-586-6181