

Powerful Tools for Caregivers

***“Learn how to care for yourself
while caring for others.”***

The 6 weekly classes start Wednesday, March 1, 2023

“Powerful Tools for Caregivers” is a six week educational series designed to provide family caregivers with tools needed to take care of themselves while caring for others.

Classes consist of interactive sessions, discussions and brainstorming to help participants take the “tools” they choose and put them into action in their lives.

The classes will be held 6 successive Wednesdays:

March 1, 8, 15, 22, 29 & April 5

1:00 pm - 3:00pm

On ZOOM !

There is no cost to you for the series.

**** Space is Limited! ****

Registration deadline is February 23, 2023

*For information/registration call
the Family Caregiver Support Program
(360) 664-3162, ext. 253*



Area Agency on Aging