

Feeling Stretched?

Let's Face It...

Caring for someone with a chronic

illness such as

Alzheimer's Disease,

dementia, diabetes,

heart disease,

Parkinson's disease,

cancer, chronic pain,

or stroke

can be stressful

physically,

emotionally and

financially.



© Powerful Tools for Caregivers

Do You Help Your Spouse, Parent, Older Relative or Friend?

Perhaps you can benefit from

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational program designed to provide you with the tools you need to take care of yourself. Whether you provide care for a family member or friend in your home or at a distance, this class can help you ...

BALANCE YOUR LIFE

You will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources



Dates: Wednesday afternoons, March 18, 25 and April 1, 8, 15, and 22

Time: 1:00 – 2:30 p.m.

Class consists of six, 90-minute sessions.

Suggested Donation: \$30.00, for The Caregiver Helpbook
All other materials and class time are **FREE**

Location: Union Church Library, 401 Lake Ave E, Hackensack
In Hackensack turn East at the Hardware Store and go 2 blocks; church is on the right.

(Class-time care for your family member at home can be arranged with friendly Faith in Action respite volunteers upon request – please call in advance.)

To register contact: Theresa Eclov, Faith in Action for Cass County
218-675-5435 or cassfia@uslink.net

Sponsored by Faith in Action for Cass County.

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