



Powerful Tools **FOR** Caregivers

A self-care class for family caregivers Who Takes Care of YOU?

Join us as we discuss how to:

- Access valuable resources and connect with other caregivers
- Reduce stress, guilt, anger and depression
- Communicate effectively with family members, doctors, or other help
- Take care of yourself, relax, set goals and problem-solve

Powerful Tools for Caregivers Class

Where: Yellow Springs Senior Center

227 Xenia Ave., Yellow Springs, OH 45387

When: Thursdays, 4:30-6:00 pm, Jan 11 – Feb 15, 2024

Register: Contact Aida Merhemic at 937-654-3330

Class size limited to 12 participants. All completing this FREE 6-week Powerful Tools for Caregivers class will receive a *Caregiver Help book* at no cost. Sponsored by the **Area Agency on Aging, PSA 2**
937-223-HELP (4357) info4seniors.org