

Powerful Tools
FOR Caregivers

Who Takes Care of YOU?

A free self-care class for family caregivers.

Join us to discuss:

- Ways to reduce stress, guilt, anger and depression.
- Effective communications with family, doctors, and others.
- Self-care in relaxing, goal-setting, problem-solving.

Plus connect with other caregivers and learn about helpful resources. Workshop materials mailed to participants' homes before first session.

Hosted online
via Zoom

Wednesdays, 10am-11:30am
Nov. 5 - Dec 10

Call Mary at
937-341-6944
to register.



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