



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

**Connect with Resources**

**Balance your Life**

**Take Care of Yourself**



## Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, child, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 90 MINUTES once per week for six weeks.

**Dates: Thursdays, October 5-November 9**

**Time: 10AM-Noon**

(15 minutes at the beginning and end for visiting and networking)

**Location: Black River Falls Public Library**

**Cost: FREE**

**To register, call Interfaith Volunteer Caregivers at 715-284-7058**

***Space is limited; register before Sept. 28!***