

Powerful Tools FOR Caregivers

Feeling stretched caring for a loved one?

Powerful Tools for Caregivers is a class designed to provide you—the family caregiver—with the skills you need to take care of yourself.

Six ninety-minute class sessions held once a week are led by certified, experienced class leaders.

You'll learn to:

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

When you take care of yourself, everyone benefits.

Date September 20 to October 25, 2017

Time 1:00 to 2:30 p.m. Refreshments provided.

Location Jones Regional Medical Center, 1795 Highway 64 E., Anamosa

Cost \$30 for individual/\$40 for caregiving couple

The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program.

For more information or to register

Send name, address, phone number and e-mail to:

ISU Extension & Outreach, Jones County
P.O. Box 28, Monticello, IA 52310

Or call with information to 465-3224.

Payment can be made at the first session.

Scholarships available.



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