

Powerful Tools for Caregivers

Virtual Class Series

March 7 – April 11, 2023

Tuesdays 2:00 p.m. – 3:30 p.m.

Cost \$10 Class Size Limited

Register by February 24 by calling one of the host counties.



Caregiver Tools Provided:

- Help You Reduce Stress
- Communicate Effectively
- Reduce Guilt, Anger, and Depression
- Help You Relax
- Make Tough Decisions
- Set Goals and Problem Solve

This educational class series is designed to help family caregivers. The program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, child, friend or someone who lives at home, in a nursing home, or across the country.

Online class includes Caregiver Help book, topics include:

- hiring in-home help
- helping memory impaired elders
- making legal and financial decisions
- making decisions about care facility placement
- understanding depression
- making decisions about driving

Call your local Extension Office for questions or to register over the phone.

Meadowlark District
785-364-4125

Midway District
785-427-4442

River Valley District
785-325-2121

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