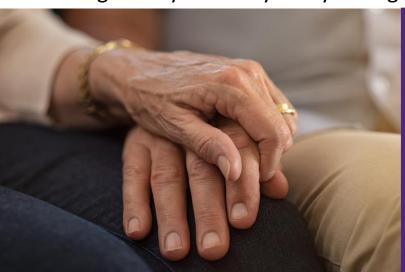
## Powerful Tools for Caregivers Virtual Class Series

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



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Jordan Schuette two weeks prior to the start of the event February 24, 2023, at 785-325-2121. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

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