

Powerful Tools for Caregivers



- Learn strategies.
- Reduce stress.
- Enhance quality of life for you and your loved one.
- Attend this valuable 6-session workshop!

**NEW
DATES!**

**Fridays, Sept. 30 - Nov. 4, 2022
1:00 to 3:00 p.m.**

Moses Lake, WA

Registration extended to Sept. 28, 2022

Are you stressed by caregiving?

Learn strategies to reduce stress, communicate well, and navigate family dynamics while making tough decisions. Build confidence in your decisions as you learn effective problem-solving skills and connect with helpful resources. Learn to give yourself credit, not guilt. You don't have to do it alone.

Presented free of charge, Powerful Tools for Caregivers is an award-winning program that has helped thousands of family caregivers.

Registration is mandatory. Class size is limited.

**For more information or to register, phone
Joan Acres at 509-713-3390 by Sept. 28**

