

Feeling Stretched?

Let's Face It...

Caring for someone with a chronic illness such as

Alzheimer's Disease, dementia, diabetes, heart disease, Parkinson's disease, chronic pain, or stroke can be stressful physically, emotionally and financially.



matherlifeways*

**Powerful Tools
for Caregivers**

Do You Help an Older Relative or Friend?

Who Takes Care of You When You Are Busy Taking Care of Others?

Powerful Tools for Caregivers is an educational program designed to provide you with the tools you need to take care of yourself. Whether you provide care for your family member or friend in your home or at a distance, this class can help you

BALANCE YOUR LIFE

You will learn to:

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

***Classes consist of six, 1.5 hour class sessions held weekly.**

Dates: Tuesdays, July 10th to August 14th

Time: 10:00 – 11:30 a.m.

Cost: \$25.00, scholarships available

Location: First Lutheran Church, 912 Lake Avenue, Detroit Lakes, MN

To register contact: Tara Giese at Lutheran Social Service Respite Program: **1-800-488-4146** or email tara.giese@lssmn.org

Thanks to the Land of the Dancing Sky Area Agency on Aging for supporting this workshop.
