

POWERFUL TOOLS FOR CAREGIVERS

AN EVIDENCED BASED CLASS FOR FAMILY CAREGIVERS



“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, and healthier me ...and a healthier us!”

JOIN US FOR THIS VALUABLE SIX WEEK WORKSHOP!

Thursdays at 1 pm to 3:30 pm | Sept. 1st to Oct. 6th

**@ The Area Agency on Aging at Eastern Idaho Community Action Partnership
935 E. Lincoln Rd. | Idaho Falls, ID 83405 | 208-522-5391**

ARE YOU STRESSED BY CAREGIVING?

- ◆ Learn strategies to reduce stress
- ◆ Communicate more effectively
- ◆ Navigate family dynamics while making tough decisions
- ◆ Build confidence in your decisions
- ◆ Learn effective problem solving skills
- ◆ Connect with helpful resources
- ◆ Learn to give yourself credit, not guilt

YOU DON'T HAVE TO DO IT ALONE. Powerful Tools for Caregivers is an award-winning program that has helped thousands of family caregivers.

Registration is \$15. Space is limited. **Scholarships are available upon request.**

For more information, or to register:

208-522-5370 x1055 | jkeith@eicap.org

