

**Taking Care of a Spouse or Parent?
Stressed and need some better ways to cope?**

Powerful Tools
FOR Caregivers



The Powerful Tools for Caregivers Program helps:

- You take care of yourself by learning new techniques for relaxation and incorporating exercise into daily living
- You manage emotions: reducing guilt, anger, and depression
- You improve confidence in coping with caregiving demands
- Direct you to community resources that may be of service to you

**Attend a VIRTUAL WORKSHOP
using GoToMeeting with a
computer, tablet, or
smartphone!**

**Participants must have internet and web camera functionality to participate.*

Dates:

Tuesdays
7/14/2020 – 8/18/2020

Pre-workshop orientation will be held on
7/7/2020

Virtual Classes are held for 6 weeks

Time:

1:00 PM – 2:30 PM

Cost:

No Cost; Donations accepted

Pre-Registration Required
(Must be a caregiver to register)
**For more information or to register, call
833-262-2200 or email
wellnessprograms@aaa1b.org**

"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, healthier me... and a healthier 'us'!" ~Powerful Tools Participant

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