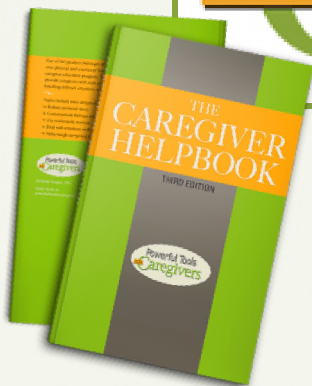


Powerful Tools FOR Caregivers



Are you a caregiver looking for additional support? Do you know someone who is struggling with the emotional burden of providing care? Register for this 6 week workshop designed to help caregivers!

Powerful Tools for Caregivers

Powerful Tools for Caregivers class series help caregivers take better care of themselves while providing for a friend or relative. By taking care of your own health and well-being, you become a better caregiver. Six class sessions held once a week are led by experienced class leaders.

Class participants also receive a **FREE** copy of The Caregiver Handbook, developed specifically for this class.

Registration is required!

Contact the ADRC at
hsagingunit@co.dodge.wi.us
OR 920-386-3580 to register

Suggested donation of \$10 for class



Classes meet for 6
consecutive Thursdays
starting March 7
through April 11
at the
TAG Center
1700 Breckenridge St,
Mayville, WI 53050
1:00 pm - 2:30 pm