Powerful Tools for Caregivers

Who takes care of YOU when you are busy helping 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!

**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 90 minute sessions held every Thursday for six weeks, starting Thursday, April 13 and ending Thursday, May 18

**Sibley County Class**

Arlington: 2:00 - 3:30 PM

*Ridgeview Sibley Medical Center*

601 West Chandler St, Arlington

No Charge but Pre-Registration Necessary

**Contact Information:**

Barb Alsleben (LSS) – 320.221.3747 or
Sarah Doering (LSS) – 320.221.4513

Offered by Lutheran Social Service of MN and MN River Agency on Aging