

Powerful Tools for Caregivers

Feeling Stretched?

Let's Face It...

Caring for someone with a chronic illness such as Alzheimer's disease, dementia, diabetes, heart disease, Parkinson's, chronic pain, or stroke can be stressful physically, emotionally and financially.



MN River Area Agency on Aging

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*