

## Feeling Stretched?

### Let's Face It...

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



## Balance Your Life

**Powerful**  
**Tools**  
for **Caregivers**

**Spring 2015**

## **Powerful Tools for Caregivers Classes**

Powerful Tools for Caregivers is a six-week educational program designed to provide you with the tools you need to take care of *yourself*.

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

The program consists of six - 90 minutes class sessions held weekly and is offered free of charge to caregivers.

**Not intended for professional caregivers**

**March 30 — May 4th (Mondays)**

**5:00PM—6:30 PM**

**at the Office for the Aging**

**214 W. Martin Luther King Jr./State St.**

**Pre-registration is Required**

**To register or inquire about the program, Call:  
Tompkins County Office for the Aging, 274-5482**

Powerful Tools for Caregivers is offered by the Caregivers Resource Center of the Tompkins County Office for the Aging, with support from Cornell University, and NY Connects /Long Term Care Services Unit of the Tompkins County Department of Social Services