

Feeling Stretched?

Let's Face It...

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



Balance Your Life

Powerful
Tools
for **Caregivers**

Fall 2019

Powerful Tools for Caregivers Class

Powerful Tools for Caregivers is a six-week educational program designed to provide you with 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 90-minute class sessions offered weekly for six consecutive weeks.

This class is offered free of charge to those caring for spouses, parents or other adult relatives/friends. (*It is not intended for professional caregivers.*)

**Thursdays, September 19th—October 24th
2:00 PM—3:30 PM**

**At Tompkins County Office for the Aging
214 W. MLK Jr. / State St.
Ithaca, NY 14850**

Register as early as possible as class size is limited.

**To register or inquire about the program, call the
Tompkins County Office for the Aging:
607-274-5482**