

## 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**

**Spring 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, March 21—April 25**  
**1:30 PM—3:00 PM**  
at Kendal at Ithaca  
Staff Development Center  
2230 N. Triphammer Rd., Ithaca

**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**