

# Feeling Stretched?

## Let's Face It...

Caring for someone with a chronic illness such as

Alzheimer's Disease, dementia, diabetes, heart disease, Parkinson's disease, chronic pain, or stroke can be stressful physically, emotionally and financially.



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## Powerful Tools for Caregivers

# Do You Help an Older Relative or Friend?

Perhaps you can benefit from ***Powerful Tools for Caregivers.***

*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

## BALANCE YOUR LIFE

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 six, 2 ½ hour class sessions held weekly.**

**Dates:** Mondays, April 11<sup>th</sup> through May 23<sup>rd</sup> (6 classes)

**Time:** 1:00 – 3:30 p.m.

**Cost:** \$25.00, includes The Caregiver Helpbook and all materials - Scholarships are available.

**Location:** Hope Lutheran Church, 305 Tenth St, in Walker

(Class-time care for your family member may be requested with Faith in Action respite volunteers or Walker Adult Day Services at no extra cost. )

**To register contact:** Theresa Eclov,  
Faith in Action for Cass County  
866-675-5435 or [cassfia@uslink.net](mailto:cassfia@uslink.net)

*Sponsored by Faith in Action for Cass County and Horizon Health Faith in Action. Funded in part by the Central MN Council on Aging with Older American's Act funding.*