

**Caring for a loved one
Is easier when you
have support**



We can help...

POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially.

Join our Powerful Tools for Caregivers six week class that is designed to provide you, the family caregiver, with the skills you need to take care of yourself.

Powerful Tools for Caregivers will help you:

- ✓ Reduce Stress
- ✓ Improve self-confidence
- ✓ Balance your life
- ✓ Better communicate your feelings
- ✓ Increase ability to tackle tough decisions
- ✓ Locate helpful resources

Program Details

Dates: Wednesdays:
April 17 – May 15, 2019

Time: 2:30pm -4:00pm
Meetings are once a week, for five weeks.

Location: Active Adult Day
Health Club
2284 S Ballenger Hwy Ste E
Flint, MI 48503

Cost: \$10.00 is requested to cover the cost for the participant book, but not required to attend the class.

Contact: Abbie Mars, Health and Wellness Program Manager,
Valley Area Agency on Aging at
(810) 600-0633 to register.



This class is being paid for by the Valley Area Agency on Aging (VAAA) and Aging and Adult Services Agency (AASA). If you would like additional information, please call Abbie Mars at VAAA at (810) 600-0633 or marsa@valleyaaa.org.