



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

### **A class for family caregivers**

***Powerful Tools for Caregivers*** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

Each course consists of consecutive weekly sessions. Participants receive a copy of *The Caregiver Helpbook*. Refreshments provided. Donations are accepted to defray the cost of the course, but not required to attend.

**Dates:**            **Thursdays, September 29- November 3, 2016**

**Times:**            **5:30pm- 8:00pm**

**Location:**        **Heritage Greens  
801 Meadowood St, Greensboro, NC 27409**

**To register:**     **Contact Christianna Taylor at Senior Resources of  
Guilford by Monday September 26, 2016 at (336) 373-4816  
Space is limited. Registration is required.**

