

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

**Connect with Resources**

**Balance Your Life**

**Take Care of Yourself**

**Ageing and Disability Resource Center of Racine County  
262-833-8777**



# Powerful Tools FOR 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, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Locate helpful resources
- Better communicate feelings
- Increase their ability to make tough decisions

Class meets for two hours, once per week for six weeks on Thursdays

**April 19 – May 31, 2018  
6:00 p.m. to 8:00 p.m.  
No class May 10th**

Ageing and Disability Resource Center  
of Racine County – Conference Room A

14200 Washington Avenue,  
Sturtevant, WI

Cost: \$10 for textbook and snacks

Call 262-833-8764 to register