

Powerful Tools for Caregivers

Designed to help family caregivers take care of themselves while caring for a relative or friend.



Participants will learn ways to:

- Reduce your stress ·Improve your self-confidence
- Better communicate your feelings ·Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources

Dates: **Thursday's, April 6-May 11**
(Series meets once a week for six weeks)

Times: **1:30-3:00pm**

Location: **Bessie Rowell Community Center, Franklin**

To register: **Call 527-7120, class size is limited**

Cost: **FREE**

This workshop is co-sponsored by

Franklin
VNA & Hospice

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