

A NEW WAY TO TAKE CARE OF YOURSELF

Powerful Tools for Caregivers Program

Do you care for a parent, spouse or friend?

Join us and receive support from other caregivers and learn ways to:

- Reduce stress.
- Reduce guilt, anger and depression.
- Make tough decisions.
- Find resources to help you.



The Area Agency on Aging District 7 (AAA7) is happy to sponsor a class near you!

Classes are FREE and meet once a week for six weeks.

For more information about joining us at an upcoming class or scheduling a class in your community, call the AAA7 at:

1-800-582-7277
extension 247 or 284
or e-mail info@aaa7.org

