

Are You Providing Care for a Relative or Friend?

Feeling Stretched?

Let's Face It . . .

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

Balance Your Life



**POWERFUL
Tools**
for Caregivers
A Mather LifeWays Program

Perhaps you can
benefit from

FREE

Powerful Tools for Caregivers Classes

Powerful Tools for Caregivers is a six-week educational program designed to provide you with the tools you need to take care of yourself.

You will learn to:

- Reduce caregiver stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions



Pre-registration is required.

The program consists of six, 2.5 hour class sessions held weekly.

DATES:

August 16, 23, 30
and September
6, 13 & 20

TIME:

9:30 a.m. to noon

LOCATION:

Healthy
Community
Alliance
"Family Center"
1 School Street
Suite #100
Gowanda, NY
14070

**Light snacks
will be provided.**

**To register,
please call the
Cattaraugus
County
Department
of the Aging at
(716) 373-8032.**

**Sponsored by:
The Cattaraugus County Department of the Aging and NY Connects.**