

POWERFUL TOOLS FOR CAREGIVERS

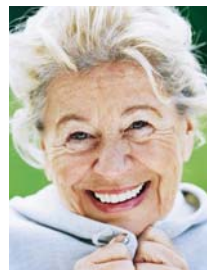
For family caregivers of older adults

Powerful Tools for Caregivers is an educational workshop designed to help family caregivers take care of themselves while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse or friend; someone who lives at home, in a nursing home, or across the country. Learn how to reduce stress, better communicate your feelings and balance your life.

Facilitators: Pam Peterson & Carol Moellenberndt



Wednesdays, April 4 - May 9, 2012
1:00 – 3:00 p.m.
United Methodist Church
836 Michigan Street, Sturgeon Bay
6-week series



There is no cost for this program, but class size is limited, and registration is required. To register, complete the form below and mail it to the address given, call 920-746-2260 or send an e-mail to pam.peterson@ces.uwex.edu with the information, by March 28, 2012.



Sponsored by:
Door County UW-Extension
Door County Caregiver Coalition
Ministry Door County Medical Center



"Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential."

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Wednesdays, April 4 - May 9, 2012 • Time: 1:00 – 3:00 p.m.
United Methodist Church, 836 Michigan Street, Sturgeon Bay

I would like to attend Powerful Tools for Caregivers:

Name _____

Address _____

Phone _____ E-Mail _____

Return to: Door County UW-Extension
421 Nebraska Street
Sturgeon Bay, WI 54235
By: March 28, 2012