

## 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**

**Do You Help an Older Relative or Friend?  
Perhaps you can benefit from**

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

The program consists of six, 2 ½ hour class sessions held weekly.  
**Pre-registration is required.**

<b>Date:</b>	<b>Tuesday Afternoons November 6th – December 11<sup>th</sup> 2018</b>
<b>Time:</b>	<b>1:00 pm – 3:30 pm</b>
<b>Location:</b>	<b>Love Inc. Office 62 E. Main St., Springville, NY 14141</b>
<b>Cost:</b>	<b>\$25.00* (includes a copy of <i>The Caregiver Helpbook</i>)</b>

*\*Full course cost is covered for Independent Health and Blue Cross/Blue Shield of WNY members.*

Additional classes are being scheduled.

For more information, or to register, contact:

**Erie County Department of Senior Services at  
(716) 858-8526 or e-mail: [caregiver@erie.gov](mailto:caregiver@erie.gov)**

**Class listing is also on our website at:  
[www2.erie.gov/seniorservices](http://www2.erie.gov/seniorservices)**