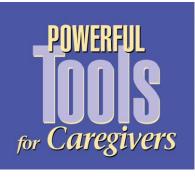
Feeling Stretched?

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



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 ¹/₂ hour class sessions held weekly. *Pre-registration is required.*

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

*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: <u>caregiver@erie.gov</u>

Class listing is also on our website at: www2.erie.gov/seniorservices

Co-sponsored by The University at Buffalo, School of Public Health and Health Professions and the Erie County Caregiver Coalition.