

## 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.**

**Date:** Wednesdays  
Apr 4<sup>th</sup> – May 9<sup>th</sup>, 2018

**Time:** 1:00pm – 3:30pm

**Location:** The Dale Association  
33 Ontario St, Lockport, NY 14094

**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) 858-2177 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)**

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