

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: Tuesday evenings

March 10 – April 14, 2015

Time: 5:00 pm – 7:30 pm

Location: The Dale Association

33 Ontario St., Lockport, 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**

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