Powerful Tools for Caregivers
Virtual Class

Every Tuesday from Sept 7 - October 12 Choice of times 1:30-3:00p.m. or 5:30-7:00 p.m.
Cost: $5
Class Size Limited

Powerful Tools For Caregivers is an educational program designed to help family caregivers (no professional caregivers, please). This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, child, friend or someone who lives at home, in a nursing home, or across the country.

This class will give you, the caregiver tools to:

- Help you reduce stress
- Communicate effectively
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

This online class includes the Caregiver help book which covers topics such as: hiring in-home help, helping memory impaired elders.

Register by calling: 620-544-4359
Deadline to register 9/3/21

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact K-State Research and Extension, 785-443-1628. Kansas State University Agricultural Experiment Station and Cooperative Extension Service-State Research and Extension is an equal opportunity provider and employer.

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