

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 hour class sessions held weekly.
Pre-registration is required.

***Date: Thursdays
March 10th-April 14th, 2016***

From: 1PM-3:30PM

***Location: Women's Christian Association
WCA Home
134 Temple St
Fredonia, NY 14063***

The program is free for participants. Class size is limited.

Additionally free respite provided compliments of WCA. Advanced notice required.

**For more information or to register call
NY CONNECTS at 753-4582 or 363-4582 or 661-7582**