



Powerful Tools for Caregivers



A class for family caregivers of older adults

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. If you are interested in finding out about respite resources in your area or other classes in the local area, please call Carol Terry of RVCOG/Senior and Disability Services 471-2863 to register.

This class is a **six-week series** that meets for two and a half hours each week. **Class size is limited, and registration is required- please call to register.**

Joy Kilishek of RSVP/UCAN and Carol Terry of RVCOG will be co-leading this class.

★ Suggested donation of \$25 to help defray cost of the book. Not required in order to attend class.

<i>Class Location</i>	<i>Class Dates and Times</i>	<i>Call to Register</i>
Lovejoy Hospice 939 S.E. 8th St. Grants Pass OR 97526	Feb. 9, Feb. 16, Feb. 23, Mar. 2, Mar. 9, Mar.16 1:30 p.m.- 4:00 p.m.	RVCOG/SDS 471-2863