



# Powerful Tools for Caregivers

A class for family caregivers



*Powerful Tools for Caregivers* is an educational program designed to help family caregivers take care of themselves while caring for a 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.

This class series meets once a week for six weeks. **Class size is limited and registration is required.**

Dates: Fridays, October 19th – November 30th, 2018

Times: 1:00 – 2:30 p.m.

Location: Aitkin Health Services  
301 Minnesota Ave South  
Aitkin, MN 56431

To register: Call Terri Mathis at 927-1383 or email  
terricarecoordinator@gmail.com

Cost: \$30 to defray cost of the book.