

# Powerful Tools for Caregivers

We invite you to join us  
for this 6 week course !!!

Classes will be held at: Penn Area Library  
2001 Municipal Ct.  
Harrison City, PA 15636

**Dates: May 3, 10, 17, 24, 31 and June 7, 2018**

**Time: 10-11:30 am**

## **Who will benefit:**

- Spouses/partners of an adult with a chronic condition
- Adult children of aging parents
- Long-distance caregivers
- In differing stages of their caregiving role

## **Topics addressed in six weekly classes**

- You will develop self-care tools
- Reduce stress
- Change negative self-talk
- Enhance communication skills
- Recognize messages in emotions
- Deal with difficult feelings
- Make tough caregiving decisions

**Early registration is encouraged as class size is limited. Registration is required by April 23, 2018. Call Milene @ 724-830-1827.**

Sponsored by:  
Westmoreland County  
Area Agency on Aging  
200 S. Main Street  
Greensburg, PA 15601

*Class is not appropriate for  
professional caregivers*