

# Save the Date

## Powerful Tools for Caregivers

FREE 6-week class series for those who give care to a loved one, friend or neighbor, giving YOU, the family 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.

**Classes will be held at:**

**Ligonier YMCA, 110 West Church St, Ligonier**

**Tuesdays, January 8—February 12, 2019**

**10:00—11:30 a.m.**

Sponsored by the **Area Agency on Aging**

Call Milene @ 724-830-1827 for more information and to register.