

Are you caring for an older adult?

**Are you in need of information and
resources?**

**Do you feel stressed from everyday duties
of caregiving?**

The Westmoreland County Area Agency on Aging Presents...

Powerful Tools for Caregivers



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.

*Classes are not appropriate for professional caregivers

Class meets once a week for 6 weeks

Space is limited! Registration required!

Please register by December 28, 2018

Call Milene Brennan at 724-830-1827 or Peggy Wien at 724-830-4446

Dates: Tuesdays, January 8,15,22,29; February 5, and 12

Times: 10:00-11:30 a.m.

Location: Ligonier YMCA, 110 West Church St. Ligonier, PA 15658

Cost: Donations welcome to help defray cost of materials