



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson's disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself

Wiha
Wisconsin Institute
for Healthy Aging

Powerful Tools FOR 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, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources

Class meets for 2 hours once per week for six weeks.

Dates: Wednesdays
February 7-March 14, 2018

Time: 1 pm-3 pm

Location: FVHO Health & Wellness
3925 N. Gateway Dr.
Appleton

Cost: FREE-materials subsidized by the
FVHO Fight Back Foundation



**To register contact Jean Monson
920-702-4816 or jmonson@fvho.org by JANUARY 26**

Space is limited; register early!