



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



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](mailto:jmonson@fvho.org) by JANUARY 26

***Space is limited; register early!***