

6 Week Program

Powerful Tools For Caregivers

Are You Struggling Balancing Life With Caregiving
For A Loved One? (No cost for family caregivers)

Sign Up Now.
Spaces are Limited!
Workshops held
weekly for **SIX WEEKS**

Where:

Goodwill Community Room,
4119 Lakeville Rd., Geneseo 14454

When:

Wednesdays starting
April 18th (1:00-3:30)

Register:

585.335.4358 or email:
caregiver@noyeshealth.org

***Participants receive a copy of "The Caregiver
Helpbook" developed for the class.***

*Sponsored by: Noyes Caregiver Resource Center,
Livingston County Office for the
Aging & Lifespan*

- ▶ For family & friends who are caring for older adults suffering with long-term illnesses.
- ▶ Class provides skills and confidence you need to better care for yourself while caring for others.

Tools to help you:

- Better manage personal stress
- Communicate needs more effectively to family & medical professionals
- Deal with difficult feelings & make tough caregiving decisions

www.noyes-health.org



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