

# Powerful Tools for Caregivers

## Caregivers, You Are Essential!

Are you taking care of an adult relative, partner, friend or parents? Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. We hope you walk away feeling refreshed and more confident in your role. Let us teach you how to put life back in your life.

### This program will help caregivers improve:



#### Emotional Management

Reduces Guilt, Anger, and Depression



#### Self Confidence

Increased Confidence in Coping with Daily Demands



#### Self-Care Behaviors

Increased Exercise, Relaxation, and Medical Check-Ups



#### Community Resources

Increased Use of Local Services

**Wednesdays, August 26- September 30  
2 - 3:30 p.m.**

### Participants will receive a wellness package including:

- Powerful Tools for Caregivers Handbook
- Gratitude Journal
- Meditation CD
- Essential Oils



**Dignity Health**<sup>®</sup>  
St. Rose Dominican

**Call 702.616.4912 to register  
for this FREE virtual class.**