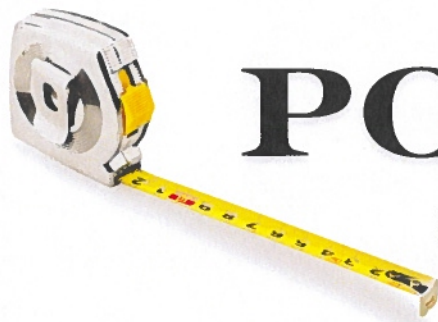




POWERFUL TOOLS FOR CAREGIVERS

A 6-WEEK EVIDENCE-BASED WORKSHOP

**THAT CAN HELP
CAREGIVERS:**



- Reduce stress
- Improve self-confidence
- Set goals and problem solve
- Make tough decisions
- Communicate effectively with family, doctors and caregivers



**Six-week workshop is held every
Monday, Oct. 19 - Nov. 23, 2026**

1:00pm - 2:30pm

**Mount Pleasant Lutheran Church
1700 S Green Bay Road
Racine, 53406**

*A one-time \$10 contribution is
requested but not expected.*

- For caregivers who are 60 or older or are caring for someone 60 or older and caregivers (of any age) for people who have dementia.



**For registration: Ruth Stauersbol - 262-833-8764 or
ruth.stauersbol@racinecounty.gov**

