Minuteman SENIOR SERVICES

OFFICE 888-222-6171
WEB www.MinutemanSenior.org
One Burlington Woods Drive
Suite 101
Burlington, MA 01803

Powerful Tools for Caregivers

By Taking Care of Your Own Health and Well-Being, You Become a Better Caregiver



This **Powerful Tools for Caregivers** workshop is a six-week educational program designed to build the skills unpaid caregivers need to take better care of themselves while caring for an adult.

The Powerful Tools for Caregivers workshop will help you:

- Reduce stress
- Improve self-confidence
- Increase self-care behaviors such as exercise and relaxation
- Effectively communicate in challenging situations
- Locate helpful community resources

Please let us know if caring for a loved one is a barrier to attending the workshop. We may be able to help.

Program Details

Class meets in person once a week for 6 weeks.

Dates:

Wednesdays
October 15 – November 19, 2025
1:30 pm - 3:00 pm

Location:

Concord Council on Aging
1276 Main Street
Concord, MA 01742

Cost:

FREE, but space is limited! Registration is required.

To Register:

Contact Concord Council on Aging
(978) 318-3020

Made possible through a generous grant from:
Cummings Foundation

Member of
the healthy living Center of Excellence

DANIEL DENNIS & Co
Certified Public Accountants