

# Feeling Stretched?

## Let's Face It...

Caring for someone with illnesses such as dementia, heart disease, Parkinson's disease, stroke, or chronic cancer can be stressful physically, emotionally, and financially.



## *Balance Your Life*

**Powerful**  
**Tools**  
for **Caregivers**

**Spring 2021**

# **Powerful Tools for Caregivers Class**

Powerful Tools for Caregivers is a six-week educational program designed to provide you with tools you need to take care of *yourself*.

You will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources

**The program consists of 90-minute class sessions offered weekly for six consecutive weeks.**

**This class is offered free of charge to those caring for spouses, parents or other adult relatives/friends. (*It is not intended for professional caregivers.*)**

**Thursdays, April 22nd - May 27th, 2021**  
**2:00PM - 4:00PM**  
**Via Zoom**

**Register as early as possible as class size is limited.**

**To register or inquire about the program, call the Tompkins County Office for the Aging:  
607-274-5482**