

# POWERFUL TOOLS FOR CAREGIVERS



TOMPKINS COUNTY  
OFFICE FOR THE AGING  
*Aging Better, Together*

## Managing Stress and Improving Self-Care



### FEELING OVERWHELMED?

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

### JOIN OUR NEXT COURSE!

Thursdays  
July 15th to August 19th  
Via Zoom

OR

Thursdays  
September 9th to  
October 14th  
In-Person (COVID Permitting)