

Powerful Tools for Caregivers

A Class for family caregivers of older adults



Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class is a **six-week series** that will meet for **90 minutes** each week. **Class size is limited, and registration is required.**

<u>Dates:</u>	Tuesday, Sept. 9 – Oct. 21, 2008
<u>Times:</u>	6:30 – 8:00p.m.
<u>Location:</u>	Poplar Creek 110 Old Airport Road LaGrange, GA
<u>To register:</u>	Call (706) 883-1675
<u>Cost:</u>	NONE

Sponsored by:

The University of Georgia
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