

Caring for a loved one is easier when you have support



We can help...

POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Caring for a relative or a friend with a chronic illness can be stressful physically, emotionally and financially.

Join our Powerful Tools for Caregivers six week class that is designed to provide you, the family caregiver, with the skills you need to take care of yourself.

Powerful Tools for Caregivers will help you to:

- √ Reduce Stress
- √ Improve self-confidence
- √ Balance your life
- √ Better communicate your feelings
- √ Increase ability to tackle tough decisions
- √ Locate helpful resources

Program Details

Dates: Saturdays
April 27 - June 1, 2019

Time: 10:15 am - 12:15 pm
Meetings are once a week, for six weeks.

Location:
Sargent Memorial Library
427 Massachusetts Avenue
Boxborough, MA

Cost: No Fee for Participants - but space is limited!
Registration is required.

Contact: Rachel Sagan
Acton-Boxborough United Way
abu@abu.org
978-263-1777

For more information on our Healthy Living Programs, contact us at 781-221-7095

A Healthy Living Program of:



Toll-Free (888) 222-6171
www.minutemansenior.org



This program is funded through generous support from:



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