

Feeling
Stretched?

**POWERFUL
Tools**
for Caregivers

A Mather LifeWays Program

Let's Face It...

Caring for someone with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful



physically, emotionally
and financially.

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Do You Help an Older Relative or Friend?

Perhaps you can benefit from

Powerful Tools for Caregivers Classes

Powerful Tools for Caregivers is a six-week educational program designed to provide you with the 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 six, 2 hour class sessions held weekly.
Pre-registration is required.

Cost is generously covered by the RENSCO Department of Aging

Classes will be held at the
Rensselaer County DSS
Bloomingrove Drive
Boardroom 2nd Floor

**For current schedule call:
(518) 867-4999 ext. 209**

**or email: jamie.mitchell@alz.org
Alzheimer's Association of NENY &
RENSCO Unified Family Services**

Classes will be held on the following days from 2:30-4:30

July 15th, July 22nd, July 29th, August 5th,

August 12th, and August 19th.

CALL NOW TO RESERVE YOUR SPOT! CLASS SPACE IS LIMITED!

alzheimer's  association™

the compassion to care, the leadership to conquer

