

Feeling Stretched?

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.

**POWERFUL
Tools**
for Caregivers

A Mather LifeWays Program



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

This program consists of Three, 2 hour Classes held weekly from 2:00p.m.– 4:00 p.m.

All Classes will be held at the
East Greenbush Library
10 Community Way; East Greenbush, NY
2nd Floor Boardroom

**To register please contact Jamie at:
(518) 867-4999 ext. 209**

or email: jamie.mitchell@alz.org

Pre-registration is required

Alzheimer's Association of NENY &

alzheimer's  association™

the compassion to care, the leadership to conquer