



Powerful Tools for Caregivers



Caring for an older relative or friend 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 is an 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; Increase your ability to make tough decisions; Locate helpful resources; Balance your life.

Each course consists of consecutive weekly sessions. Participants receive a copy of The Caregiver Help book. Refreshments provided. Donations are accepted to defray the cost of the course, but not required to attend.



Balance
Your Life

Next Class:
Mondays, Aug. 30th - Oct. 4th
(No class on Labor Day, Sept. 6th)
10:00 AM - 12 Noon
Maple Springs
United Methodist Church
2569 Reynolda Road
Winston—Salem, NC 27106

Reduce
Stress

*"This class has made a significant turn in my caretaking capabilities & attitude."
"This class is the best gift you can give yourself and your care receiver."
- past participants*



Family Caregiver
Support Program



Hospice & Palliative
CARECENTER



of Greater Winston-Salem



SENIOR SERVICES
Helping Our Elderly Live With Dignity

To Register for any of the above courses, contact:
Linda Lewis
The Shepherd's Center of Greater Winston-Salem
(336) 748-0217.
Registration is Required! Space is Limited.