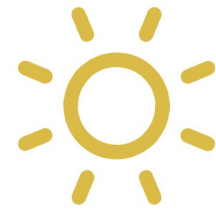




# Seasons of Caregiving

Summer 2021



## Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a class designed to provide you—the family caregiver—with the skills you need to take care of yourself.

The six evidence-based class sessions are held once per week and are led by trained, certified class leaders.

You'll learn to:

- Reduce stress
- Better communicate your feelings
- Improve self-confidence
- Increase ability to make tough decisions
- Balance your life
- Locate helpful resources



**Date:** Wednesdays

June 2nd — July 7, 2021

**Time:** 11:30 a.m. to 1 p.m.

**Location:** Zoom – you will be given the link after registering

**Cost:** Suggested donation of \$10.00 to Heritage Area Agency on Aging Caregiver Program

**Pre-Registration Required**

Please register by May 14  
by contacting:

**Maria Donohoe**

319-540-5079

Maria.Donohoe@kirkwood.edu

**Class Leaders**

Maria Donohoe

Madalyn Klobassa



Area Agency on Aging