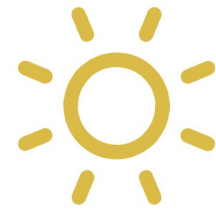




Seasons of Caregiving

Spring 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: Tuesdays

March 2 — April 6, 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 February 19th
by contacting:

Maria Donohoe

319-540-5079

Maria.Donohoe@kirkwood.edu

Class Leaders

Maria Donohoe

Madalyn Klobassa



Area Agency on Aging