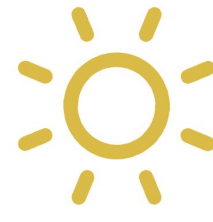




Seasons of Caregiving

Fall 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

Sept. 7 – Oct. 12, 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

Registration Is Required

Please register by August 20 by contacting:

Madalyn Klobassa

319-560-7014

Madalyn.Klobassa@kirkwood.edu

Class Leaders

Madalyn Klobassa

Jeff Kellbach

