

Powerful Tools FOR Caregivers



Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative.

These classes give you the tools to help:

- Reduce stress
- Improve self-confidence
- Manage time and set goals
- Communicate better
- Make tough decisions
- Locate helpful resources

For information or to **PRE-REGISTER**, contact:

A.C.E. of SW Minnesota

**Pipestone Co. Program Manager
Jill Toering (507)825-1238**

or

**Murray Co. Program Manager
Joyce Wiekeraad (507)836-8705**

A total of 6 classes will be held consecutively on the following Wednesday evenings:

**Wednesday, March 12th
thru
Wednesday, April 16th**

**Each class runs from
6:00pm – 7:30pm**

**Location of class:
ONLINE**

Pre-registration is required to receive the Zoom link for participating in this class!

There is no cost to attend these classes, however donations will be accepted!



A.C.E.

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OF SOUTHWEST MINNESOTA**



This program is sponsored, in part, under the Federal Older Americans Act through a contract from the MN River Area Agency on Aging under an Area Plan approved by the MN Board on Aging.