



Department of Human Services
Area Agency on Aging


Powerful Tools for Caregivers

A free, six-week program designed to help family caregivers take care of themselves while caring for their older loved ones.

CLASS DETAILS

 **April 21- June 2**
Tuesdays for 6 weeks
No class on 5/19

 **9 to 11 a.m.**

 **Virtual**
Access to computer
and/or Wi-Fi needed

LEARN TO...

- Reduce personal stress
- Manage emotions such as guilt and anger
- Improve communication with family members and care team
- Increase self-care practices

Ready to register? Contact Gabi Snyder, AAA Wellness Program
Coordinator at gsnyder@weld.gov or (970) 400-6117.