Taking care of yourself is important. Powerful Tools for Caregivers can show you how.

**Thursdays, July 16 to August 20 (6 weeks)**

**10 a.m. to Noon**

**Now ONLINE!**

You’ll need a computer, iPad or tablet, and internet access. We’ll contact you before class for a short discussion on how to use the online platform, Zoom.

**Register by Monday, July 13**

♦ Reduce stress and learn to deal with difficult emotions
♦ Communicate needs effectively in challenging situations
♦ Make tough caregiving decisions

**Registration required:**

♦ Call the Aging & Disability Resource Center 262-605-6646 OR
♦ Visit adrc.kenoshacounty.org (look for the red registration button)

“I don’t think of myself as a caregiver. I’m her son. She needs me. And because she needs me, I need to take care of myself. Powerful Tools classes helped me do that.”