

# Do you...

- Set up medications • Run errands • Make meals
- Do yard work • Clean house • Handle finances

# ...for an adult?

## Powerful Tools for *Caregivers*

Is a 6 week educational series designed to help unpaid caregivers take care of themselves while caring for a relative or friend.

### *Workshop Goals:*

Help caregivers develop a wealth of self-care tools to:

- Reduce personal stress
- Communicate needs effectively in challenging situations
- Deal with difficult emotions
- Make tough caregiving decisions

Caregivers will benefit whether helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

### *Register by Wednesday, September 4*

Tuesdays, September 10 – October 15, 2013

6:30 – 8:30 p.m.

Wynwood of Kenosha

7377 88th Avenue, Kenosha, WI

Cost: \$10 covers cost of materials\*

*\*scholarships available*

Class size is limited.

To register, complete and mail in the registration form below. For questions, please call the Aging & Disability Resource Center at 262-605-6646.



### Registration Form for September 10, 2013 Class

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone \_\_\_\_\_

Check for \$10 should be made out to the Kenosha ADRC  
Mail check and this registration form to: Kenosha ADRC  
8600 Sheridan Road, Kenosha, WI 53143

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