



FamilyMeans
CAREGIVING & AGING

Powerful Tools for Caregivers

Are you feeling stretched caring for a family member, parent, friend or neighbor?

Join us as we discuss how to take care of you as a caregiver, reduce personal stress, communicate feelings and concerns, and learn from our emotions.

October 9 – November 13, 2023
(Mondays, 6-week series)
10am – 12 noon

FamilyMeans
1875 Northwestern Avenue S
Stillwater, MN 55082

\$60 for series. Scholarships are available.

Click on this link to register, <https://yourjuniper.org/Classes/Register/4010>
or call Jenny West at 651 789-4015

Powerful Tools for Caregivers is evidenced based educational program to help caregivers take care of themselves while caring for another. You will benefit from this class whether you are helping a parent, a spouse, a friend, someone who lives at home, in a nursing home or across the country.

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