



**FamilyMeans**  
CAREGIVING & AGING

## Powerful Tools for Caregivers

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

Thursdays, January 17 – February 21  
1:30pm – 3:30pm

King of Kings Lutheran Church  
Room 108  
1583 Radio Drive  
Woodbury, MN 55125

\$40 for entire series. Scholarships are available.

**Register by contacting Jenny West at 651-789-4015  
or [jwest@familymeans.org](mailto:jwest@familymeans.org)**

*Powerful Tools for Caregivers* is a six-week 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. We will be discussing how to take care of you as a caregiver, reduce personal stress, communicate feelings and concerns, and learn from our emotions.

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