

Powerful Tools FOR Caregivers



Please join us! Bring a friend!

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative.

These classes give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time and set goals
- Communicate better
- Make tough decisions
- Locate helpful resources

PRE-REGISTRATION IS REQUIRED

For information or to *PRE-REGISTER*, contact:

**A.C.E. of SW Minnesota - Lincoln County
Program Manager Jody Hexem
Phone: (507) 694-1034
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**A total of 6 classes will be held
on the following
Monday afternoons:**

June 24, July 1, 8, 15, 22, 29

Class begins at 3:30 pm

Location of class:

The Rock

148 N. Tyler St., Tyler MN

**Pre-registration is required to
participate in this class!**

**There is no cost to attend
these classes, however donations
are appreciated!**



A.C.E.

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OF SOUTHWEST MINNESOTA



This program is sponsored, in part, through a grant from the MN River Area Agency on Aging under an area plan approved by the MN Board on Aging.