Join us virtually for:

**Powerful Tools for Caregivers**

**Wednesday**
1:30-3:00pm
**Sept. 2 - Oct. 7, 2020**

**FREE Zoom Class**
Grant funded valued at $40

Powerful Tools for Caregivers is an educational program designed to help family caregivers (no professional caregivers, please). This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country.

This class will give you, the family caregiver, tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

This online class includes the Caregiver help book which covers topics such as: hiring in-home help, helping memory impaired elders, making legal and financial decisions, making decisions about care facility placement, understanding depression, and making decisions about driving.

**Register online at:** [https://conta.cc/39kYP62](https://conta.cc/39kYP62) or johnson.k-state.edu
**Or Call:** 913-715-7000

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Johnson County K-State Research and Extension, 913-715-7000.

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