

Feeling Stretched?

Let's Face It...

Caring for someone with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful physically, emotionally and financially.



Balance Your Life

**POWERFUL
Tools**
for Caregivers

A Mather LifeWays Program

Are You Providing Care for a Relative or Friend?

Free Powerful Tools for Caregivers Classes

Powerful Tools for Caregivers is a six-week educational program designed to provide you with the tools you need to take care of yourself.

You will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions

The program consists of six, 2.5 hour class sessions held weekly. **Pre-registration is required.**

Dates: August 13, 20, 27 and
September 3, 17 & 24

Time: 9:00 –11:30 am

Location: JCC Olean Campus
Training & Conference Center
260 N. Union St.
Olean, NY 14760

Please contact Jane Northrup to register at
(716) 376-7506 or JaneNorthrup@mail.sunyjcc.edu

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