

# Are You Providing Care for a Relative or Friend?

## 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

Perhaps you can benefit from

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



### Sponsored by:

**The Cattaraugus County Department of the Aging, NY Connects and the Alzheimer's Disease Caregiver Support Initiative which is funded through a grant from the NYS Department of Health.**

**Pre-registration is required.**

The program consists of six, 2.5 hour class sessions held weekly.

### **DATES:**

June 26, July 3, 10, 17, 24, 31

### **TIME:**

9:30 a.m.  
to  
12:00 p.m.

### **LOCATION:**

St. Paul's  
Lutheran Church  
6360 Route 242  
Ellicottville, NY  
14731

**Light snacks will be provided.**

**To register, please call the Cattaraugus County Department of the Aging at (716) 373-8032.**