

# 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

# Do You Help an Older Relative or Friend?

Perhaps you can benefit from

## *Free Powerful Tools for Caregivers Classes*

*Sponsored by The Cattaraugus County Department of the Aging and New York Connects*

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
- Locate helpful resources

Dates: March 18 & 25

April 1, 8, 15, 22

Time: 10:00 am—12:00 pm

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](mailto:JaneNorthrup@mail.sunyjcc.edu)

The program consists of six, 2 hour class sessions held weekly. **Pre-registration is required.**