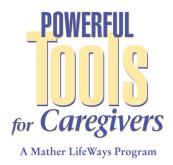
Feeling Stretched?

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



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

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