

Powerful Tools for Caregivers

They depend on you....

Give yourself the tools to succeed.



Elder Network & Prairie Meadows Senior Living are partnering to offer

This 6-week workshop will help anyone caring for an older friend or a relative, whether it's at home, in a nursing home or across the country. **Powerful Tools for Caregiving** is an evidence-based program that helps you develop a wealth of tools to:

- *reduce stress*
- *change negative self-talk*
- *communicate more effectively*
- *recognize the messages in emotions*
- *make tough caregiving decisions*

Workshop Fee is \$60, includes workbook, (financial assistance available for those who qualify).

Funded in part by the SEMN Area Agency on Aging

Elder Network Services are available to all eligible persons regardless of race, color, sex, religion, disability or national origin. Elder Network is a nonprofit organization.

Tuesdays from 6:00-7:30 pm

March 11-April 15th, 2025

Prairie Meadows Senior Living

800 5th Ave NW, Kasson MN 55944

Main Level Community Room

Registration required by March 4th

Class size is limited.

Respite care is available with advanced notice.

For more information, call

507-285-5272

