Feeling Stretched?

Let's Face It…

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

Balance Your Life

Powerful Tools for Caregivers

Fall 2016

Powerful Tools for Caregivers Classes

Powerful Tools for Caregivers is a six-week educational program designed to provide you with 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

The program consists of 90-minute class sessions offered weekly for six consecutive weeks.

These classes are offered free of charge to those caring for spouses, parents or other adult relatives/friends.
(It is not intended for professional caregivers.)

Choose the class most convenient for you:

Wednesdays, Sept. 14- Oct. 19, 3:00-4:30 pm
at the Slaterville Fire Station
2681 Slaterville Rd. Slaterville Springs, NY 14881

Thursdays, Oct. 13- Nov 17, 1:00-2:30 pm
at Kendal at Ithaca
2230 N. Triphammer Rd. Ithaca, NY 14850

Mondays, Oct. 17– Nov. 21, 6:00-7:30 pm
at McGraw House
211 S. Geneva St. Ithaca, NY 14850

Register as early as possible as class size is limited.
To register or inquire about the program, call the Tompkins County Office for the Aging:
607-274-5482