

# 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

221 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**