

POWERFUL TOOLS FOR CAREGIVERS



Feeling Overwhelmed?

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

PTC is an interactive, evidence-based course designed to equip caregivers with the tools they need to balance caregiving with self-care.

**When you take care of yourself,
everyone benefits.**

**REGISTER NOW FOR
UPCOMING CLASSES**

**Next In-Person Session:
Wednesdays for 6 weeks**

July 29, 2026 - Sept. 2, 2026
12:00 pm - 2:00 pm

**CALL ANDREA TO REGISTER:
607-274-5484**



TOMPKINS COUNTY
OFFICE FOR THE AGING

Aging Better, Together