

Powerful Tools FOR Caregivers

A class for family caregivers



Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets once a week for six weeks.

Class size is limited, and registration is required.

<u>Dates:</u>	Wednesdays, May 20 – June 24, 2020
<u>Times:</u>	9:30 – 11:00 a.m.
<u>Location:</u>	New Kensington Center for Active Adults 1039 Third Ave. New Kensington, PA 15068
<u>To register:</u>	Call Marian (724-830-4458) Last day to register is May 13, 2020
<u>Cost:</u>	The class is free, but donations are appreciated in order to help offset the cost of materials.

**THIS CLASS IS OFFERED THROUGH THE
WESTMORELAND COUNTY AREA AGENCY ON AGING
AND POWERFUL TOOLS FOR CAREGIVERS**