



Powerful Tools for Caregivers

Caregivers, You Are Essential!



FREE 6 week workshop!

Participants will receive a wellness package including:

- **Powerful Tools for Caregivers Handbook**
- **Gratitude Journal**
- **Meditation CD**



Are you taking care of an adult relative, partner, friend or parents? Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for a friend or relative. This program will help caregivers improve emotional management, self confidence, self-care behaviors and use of community resources.

Mondays, January 10th – February 14th

10:00 a.m. – 11:30 a.m.

Fernley Senior Center, 105 Lois Ln.

Classes offered throughout the year in Dayton, Fernley, Silver Springs and Yerington, call to register for the next class in your community.

For More Information Contact:

Lyon County Human Services
775-577-5009 Ext. 3324 or 4307
