



**HUMAN SERVICES**  
SENIOR SERVICES



**Dignity Health™**  
St. Rose Dominican

# 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.

**Wednesdays, March 9th – April 13th**

**10:00 a.m. – 11:30 a.m.**

**Silver Springs Senior Center, 2945 Fort Churchill Rd.**

**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. 3318 or 4307**