

# POWERFUL TOOLS FOR CAREGIVERS

A practical approach to dealing with caregiver stress, prioritization, challenging family communication and planning.

*Learning how to take care of yourself  
makes you a healthier caregiver!*

Designed for ALL non-paid caregivers  
Free of Charge!

Meets once weekly for 6 weeks  
Mondays, Feb. 27 – April 2, 2012  
1:30 to 4 p.m.

Location: Area Agency on Aging  
2120 N. Lakewood Drive, Coeur d'Alene

Registration is mandatory and limited;  
Please phone the Alzheimer's Association at (208) 666-2996

*Presented by:*

alzheimer's  association®

the compassion to care, the leadership to conquer

