

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>	Mondays, September 10 – October 15, 2018
<u>Times:</u>	5:30 – 7:00 p.m.
<u>Location:</u>	39 E. Calhoun St. Sumter, SC Training Room @ Santee Lynches COG
<u>To register:</u>	Please call: Josh Houben: 803-774-1978 Respite care for your loved one is available while you attend this class
<u>Cost:</u>	\$15 (To help cover the cost of the handbook)