



Powerful Tools FOR Caregivers

A Class for Family Caregivers

Save the Date!

**6 Tuesdays, August 20th - September 24th
1 – 3 pm**

**Free, registration required
Seats limited**

Care for yourself to provide better care for your loved one

Powerful Tools for Caregivers is an evidence –based educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

Whether you are helping a parent, spouse, or friend and regardless of where they live — at home, a nursing home or across the country — you can benefit from this class.

**Presenters: Mindy Lohman-Hinz & Mary Collins,
Caregiver Program Coordinators
Senior Services Division**

To register call or email!

301-600-6001

caregiversupport@frederickcountymd.gov

Frederick Senior Center

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