



Powerful Tools FOR Caregivers

A Class for Family Caregivers

Save the Date!

6 Tuesdays, March 3rd- April 7th

5:30pm – 7:30pm

Daybreak Adult Day Services

7819 Rocky Springs Road

Frederick, MD 21702

Free, registration required

Seats are limited

Respite care available with advanced notice

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 will benefit from this class.

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

To register please call or email:

301-600-6001

caregiversupport@frederickcountymd.gov