

2019 Workshop Schedule



Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson’s disease or stroke can be physically, emotionally and financially exhausting. **Powerful Tools for Caregivers** is a dynamic educational six-week program designed to help family caregivers take care of themselves while caring for a relative or friend. Participants will learn to:

\$30 Materials fee

- * Reduce stress
- * Improve self-confidence
- * Better communicate feelings
- * Increase ability to make tough caregiving decisions
- * Locate helpful resources

Date	Time	Location	Leaders
Fridays October 4, 11, 18, 25 & November 1, 8	Workshop: 10 a.m.- 12:30 p.m. Meal: 12:30 – 1:00 p.m. (Compliments of: Aurora Sheboygan Memorial Medical Center)	Aurora Sheboygan Memorial Medical Center 2629 N. 7 th Street (Sunset Conference Room) Sheboygan, WI 53081	Carla Duket Aurora Sheboygan Memorial Medical Center Shannon Wanek Aurora Sheboygan Memorial Medical Center

Call the Aging & Disability Resource Center for more information at: **920-467-4100** (Dates subject to change.)