



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.

Connect with Resources



Balance your Life

Take Care of Yourself

Powerful Tools FOR 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, or friend.

Participants will learn to:

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

Dates: FRIDAYS: October 4, 11, 18, 25 & November 1, 8, 2019 (6 weeks)

Times: 10:00 a.m. – 1:00 pm
Lunch @ 12:30 pm Compliments of Aurora Sheboygan Medical Center

Location: Aurora Sheboygan Medical Center
2629 N. 7th St., Sheboygan, WI ~ Sunset Conference Rm

Cost: \$30.00 (cost of materials)

Brought to you by:



Aurora Health Care®



Register Today! Space is limited

920-467-4100

Lisa.Hurley@SheboyganCounty.com

Call (920) 467-4100 and mail check for \$30.00 payable to:

Sheboygan County Aging & Disability Resource Center, 650 Forest Ave, Sheboygan Falls, WI 53085.

Fee covers cost of materials. Call to request respite for care recipient during the workshop.

Name: _____ Phone: _____

Address: _____ Email: _____

City, Zip: _____