

# Powerful Tools FOR Caregivers



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** 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

**WEDNESDAYS ~ April 15, 22, 29 & May 6, 13, 20, 2026**  
(6 weeks total)

**Time: 10 AM – 12 Noon** *Light lunch served at 11:30 am*  
(ALTERNATING WEEKS: Soup / Salad)

**Location: 3400 Union Ave, Sheboygan, WI 53081**  
**Aurora Medical Center Sheboygan County**

**Cost: \$30.00** (requested donation for cost of materials)

*Brought to you by:*



We are  Advocate Aurora Health



**Register Today! Space is limited**

**920-467-4100**

**Lisa.Hurley@SheboyganCounty.com**

Call (920) 467-4100 and mail check (requested donation) for \$30.00 payable to:  
ADRC of Sheboygan County, 650 Forest Ave, Sheboygan Falls, WI 53085  
Donation covers cost of materials

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

PTC - April / May 2026