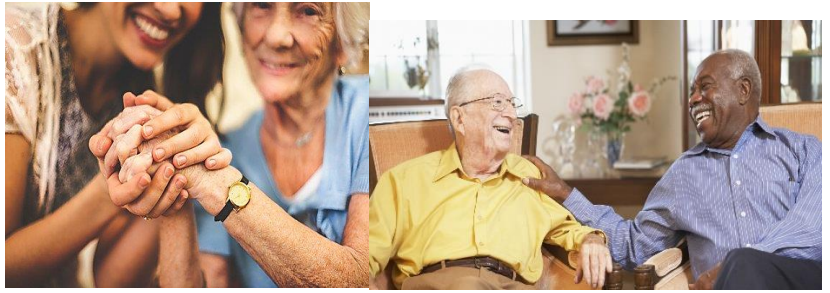


**Caring for a loved one
Is easier when you
have support**



We can help...

POWERFUL TOOLS FOR CAREGIVERS WORKSHOP

Caring for a relative, child or a friend with a chronic illness can be stressful physically, emotionally and financially.

Join our Powerful Tools for Caregivers six week class that is designed to provide you, the family caregiver, with the skills you need to take care of yourself.

Powerful Tools for Caregivers will help you:

- ✓ Reduce Stress
- ✓ Improve self-confidence
- ✓ Balance your life
- ✓ Better communicate your feelings
- ✓ Increase ability to tackle tough decisions
- ✓ Locate helpful resources

Upcoming Classes

Active Adult Day Health Club

2284 S Ballenger Hwy Ste E Flint, MI
48503

Wednesdays: April 17 – May 15, 2019

Time: 2:30pm – 4:00pm

To register call: Abbie Mars, at Valley Area
Agency on Aging at (810) 600-0633

Burton Senior Center

3410 S Grand Traverse Burton, MI 48529

Tuesdays: June 4 – July 9, 2019

Time: 2:00pm – 3:30pm

To register call: Burton Senior Center at
810-744-0960

Loose Senior Center

707 N Bridge St Linden, MI 48451

Wednesdays: July 24 – August 28, 2019

Time: 2:00pm – 3:30pm

To register call: Loose Senior Center at
(810) 735-9406

Cost: A \$20.00 donation is requested,
BUT not required to assist in paying for
“The Caregiver Helpbook”.



This class is being paid for by the Valley Area Agency on Aging (VAAA) and Aging and Adult Services Agency (AASA). If you would like additional information, please call Abbie Mars at VAAA at (810) 600-0633 or marsa@valleyaaa.org.