

Feeling stretched caring for a loved one?

This class is designed to provide you — the family caregiver — with skills you need to take care of yourself.



You'll learn to:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Locate helpful resources

When you take care of yourself, everyone benefits.

Powerful Tools for *Caregivers*

**Join us for this 6 week
class series geared
towards caregivers of
adults with chronic
conditions**

**Sunday Afternoons
Feb. 22, March 1, 8, 15, 22, & 29.**

4:00 pm-5:30 pm

Online

Contact Melanie Hesch to register
and receive your login information
melanie.hesch@ndsu.edu

701-652-2581

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EXTENSION