



Powerful Tools **FOR** Caregivers

FREE Managing Stress one-day Info Session

Join us for a Powerful Tools for Caregivers information session on Managing Stress. Participants will have the opportunity to learn more about the 6-Week Powerful Tools for Caregivers Workshop and experience some of the stress reducing activities first hand. Participants are encouraged to ask questions about the Powerful Tools for Caregivers program.

DATES

TIME

LOCATION



**Self-Management Program
Central East**