

Feeling  
Stretched?

Caring for someone  
with a chronic illness  
such as dementia, heart  
disease, Parkinson's  
disease or stroke can be  
stressful physically,  
emotionally and  
financially.



*Balance  
Your Life*

# *Powerful Tools for Caregivers Classes*

## **ServiceLink is offering**

Powerful Tools for Caregivers, a **FREE** six-week educational program to help you:

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

**Classes will be held  
Thursdays, July 21 – Aug. 25, 2016  
2:00 p.m. – 3:30 p.m.  
TRIP Center  
12 Rowell Drive  
Franklin, NH 03235**

Contact ServiceLink if there is a barrier regarding care for your loved one

Sponsored by ServiceLink of Merrimack County  
& the Senior Companion Program

**Please register by Wednesday, July 11, 2016  
228-6625 or 528-6925**



Community Action Program Belknap-Merrimack Counties, Inc