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

ServiceLink
Aging & Disability Resource Center

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, May 12 – June 16, 2016

1:00 PM to 3:30 PM

Monadnock ServiceLink

105 Castle Street

Keene NH, 03431

Sponsored by Monadnock ServiceLink

Please register by Thursday, May 5th

603-357-1922

Funding for this program was made possible in part by US Administration for Community Living.

Powerful Tools for Caregivers Call Monadnock ServiceLink to Register: 603-357-1922

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