



**TUESDAYS, OCT 16TH  
THRU NOV 20TH  
2:00-3:30 PM @ KCOA**

## Powerful Tools for Caregivers

Powerful Tools for Caregivers is a FREE six-week educational program. Caring for someone with a chronic disease can be stressful physically, emotionally, and financially. Join us to learn how you can improve your coping skills.



Sponsored by Community Action Program  
Belknap-Merrimack Counties, Inc.

Balance your life

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Reduce stress

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Improve self-  
confidence

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Better communicate  
your feelings

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Locate helpful  
resources in the  
community

KEARSARGE COUNCIL ON  
AGING (KCOA)

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Dates and Times

