

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
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources

Classes will be held  
Tuesdays September 4th – October 9th, 2018  
2:00 p.m. – 3:30 p.m.  
TRIP Senior Center  
12 Rowell Drive  
Franklin, NH 03235

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

**Please register by Wednesday, August 29, 2018**  
**Contact Amy at 225-3295 x. 1137**



Community Action Program Belknap-Merrimack Counties, Inc