

POWERFUL TOOLS FOR CAREGIVERS: IDENTIFY & REDUCE YOUR STRESS



THURSDAY, AUG 1, 2024
10:30 - 11:30 A.M.

YMCA - East || 1740 S Huron Rd, Green Bay

WEDNESDAY, AUG 7, 2024
10:45 - 11:45 A.M.

YMCA - West || 601 Cardinal Ln, Green Bay

Powerful Tools for Caregivers is a 6-week class that helps caregivers take better care of themselves while caring for a family member and/or friend. Join us to experience what this class has to offer as we work through one of the session topics: **How to Identify and Reduce Your Stress.**

The full 6-week series will be offered at ADRC on the following dates:

- Thursdays, 9/5 - 10/10/24, 5:30 - 7 p.m.
- Saturdays, 10/5 - 11/9/24, 9:30 - 10:30 a.m.

While we encourage every caregiver to consider taking the full 6-week course, caregivers will gain insight by taking just this one class if that's all they decide to do.

Space is limited, registration is required.



RSVP TO ADRC: (920) 448-4300

