

# Are You Providing Care for a Relative or Friend?

## Feeling Stretched?

### Let's Face It . . .

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

A Mather LifeWays Program

Perhaps you can benefit from

**FREE**

## Powerful Tools for Caregivers Classes

Powerful Tools for Caregivers is a six-week educational program designed to provide you with the tools you need to take care of yourself.

### You will learn to:

- Reduce caregiver stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions



**Pre-registration is required.**

The program consists of six, 2.5 hour class sessions held weekly.

### **DATES:**

February  
12, 19, 26  
and  
March  
4, 11 & 18

### **TIME:**

1:00 to 3:30 p.m.

### **LOCATION:**

Seneca Nation  
Allegany Elders  
Center  
3644 Administrative  
Drive  
Salamanca, NY  
14779

**Light snacks  
and  
refreshments  
will be provided.**

To register,  
please call  
Gail Kennedy  
at  
(716) 945-8991.

**Sponsored by:**

**The Cattaraugus County Department of the Aging and  
Seneca Nation of Indians Office for the Aging**