Are You Providing Care for a Relative or Friend?

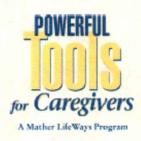
Feeling Stretched?

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





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



<u>Pre-</u> 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