

# 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 Legacy Health System Program

## Spring 2010

# 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 stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources

The program consists of six, 2 ½ hour class sessions held weekly and is offered free of charge to caregivers.

**Not intended for professional caregivers**

**[Pre-registration is required.](#)**

March 22 - April 26, Mondays 6:00 - 8:30 PM  
Lifelong, 119 W Court St. Ithaca

*(If you are interested in attending, call ASAP as the class begins soon.)*

**Call 274-5491 to register or with questions**

Powerful Tools for Caregivers is offered by the Caregivers Resource Center of the Tompkins County Office for the Aging, with support from the Community Health Foundation of Western and Central New York, Kendal at Ithaca, Lifelong, Cornell University, Tompkins County Department of Social Services and the Greater Ithaca Activities Center