



Powerful Tools For Caregivers

Powerful Tools for Caregivers is a six-week education program designed to provide caregivers of older persons with the tools needed to take care of themselves. Caregivers learn to reduce stress, improve self-confidence, better communicate feelings, locate helpful resources, increase abilities to make tough decisions and balance their lives.

6 Consecutive Mondays
September 19th - October 24th
from 5:30 - 8:00pm
Sedgwick Heights
1100 James Street, Syracuse

To register for this dynamic and nationally recognized program, contact:

The Department of Aging & Youth

435-2362 ext.140 or ext. 139

There is a \$30 course fee to cover the cost of materials.



For more information or to register, please contact the Department of Aging & Youth

(315) 435-2362 ext. 140 or ext. 139

www.ongov.net/ay



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AGING AND YOUTH

alzheimer's  association