

GIVE YOURSELF A BREAK!
FREE Powerful Tools For
Caregivers Class

Tuesday, April 18, 2023 – Tuesday, May 23, 2023
(Must Attend All Six Weeks)
10:00 a.m. – 11:30 a.m.

Six sessions held once a week; led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources at no charge to the caregiver.

Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The class will give you tools to help:

- Reduce Stress
- Improve Self-Confidence
- Manage Time, Set Goals, and Solve Problems
 - Better Communicate Their Feelings
 - Make Tough Decisions
 - Locate Helpful Resource

Registration is required. Call (919)776-0501 ext. 2230.

**The Enrichment Center of Lee County
N.C. Certified Senior Center of Excellence
1615 S. Third Street, Sanford, NC 27330**

