This 6-week series is for you!

Powerful Tools For Caregivers
6-week series begins May 18

Facilitated by Saralee Jamieson and Lisa Wallace, MU Extension Human Development and Family Science Specialists

This series is designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this series whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, assisted care or across the country.

You will learn to...

- Reduce personal stress, guilt, anger and depression
- Communicate effectively with family members, doctors, and paid helpers
- Relax and take care of yourself
- Make tough decisions, set goals, and problem solve

Testimonial:
“About the time the class began, I was at my wits end. The communication tools I learned will work toward maintaining a better atmosphere and contribute to improved attitudes for both of us.

Special Needs?
If you need special accommodations because of a disability, or if you need materials in an alternative format, please inform us by May 6 at 660-885-5556.

WHEN: Wednesdays, 9:30-11:30am—weekly; May 18, 25 and June 1, 8, 15, and 22
WHERE: Senior Center, Clinton
FEE: $25 per person or $5 per person if you are 60 years old or older and a Henry County resident*

To enroll contact:
Henry County Extension, Verlinda Talley, 660-885-5556 or talleyv@missouri.edu
Enroll by Friday, May 13

*a grant from the Henry County Senior Services Tax Board offsets the costs of participants who are Henry County residents, 60 years of age and older.