

## **Powerful Tools for Caregivers**

The nationally recognized *Powerful Tools for Caregivers* course is designed to provide caregivers with tools to meet their own needs as they care for others. Specially trained instructors provide information to help caregivers with:

- ✦ Identifying and reducing stress
- ✦ Improving self-confidence
- ✦ Communicating in challenging situations
- ✦ Balancing life
- ✦ Increasing the ability to make tough decisions
- ✦ Learning to locate helpful resources
- ✦ Taking care of themselves

*Powerful Tools for Caregivers* is presented as a free public service by Clark Retirement Community. For information about the next scheduled course, call 452-1568 extension 107. There is no obligation, and the program is not a Clark sales presentation.