

Powerful Tools for Caregivers



Join this weekly class that aims to help caregivers take better care of themselves while caring for others.

You will:

- Improve self-care practices such as exercise, relaxation, and medical care
- Improve your ability to manage emotions including reducing guilt, anger, and depression
- Increase your self confidence in coping with the demands of caregiving

Nov. 8 – Dec. 20, 2023

Wednesdays,

3:30 PM – 5:00 PM

Nov. 8, 15, 22, 29; Dec. 6, 13, 20

* November 8 is Session 0 to test Zoom.

Location:

Virtual – Zoom

Zoom Instructions will be mailed with class materials prior to workshop.

Class Leader(s):

Savannah Dahl, Caregiver Consultant

Sam Sleeman, CVA

Cost:

Voluntary Contributions
Accepted.

For more information or to register:

<https://yourjuniper.org/Classes/Register/4044>

Or Contact Lisa Brown 651-632-5320

caregiving@lyngblomsten.org

Register by November 1.