

NORMANDALE CENTER FOR
Healing & Wholeness

Powerful Tools for Caregivers

A self-care program for caregivers



This **weekly** small-group education program is designed to provide you with a wealth of self-care tools that will help you take care of yourself while taking care of others.

You will learn to reduce stress, improve your self-confidence, balance your life, better communicate your feelings, increase your ability to make tough decisions, and locate helpful resources.

STIPENDS TO COVER TRAVEL
COSTS TO CLASS AVAILABLE
CALL FOR DETAILS

Date: 6 Mondays from April 1st to May 6th

Time: 3:00 — 5:00 pm

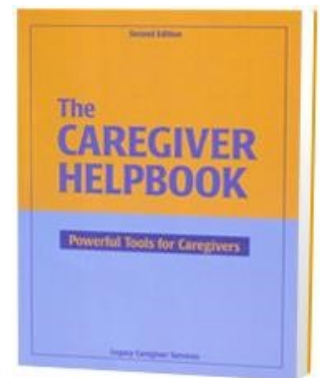
Location: River Valley YMCA
3575 N Berens Rd. NW
Prior Lake

Cost: Cost per participant for full 6-week course is \$15.

All participants receive *The Caregiver Helpbook*

Register: Early registration is encouraged—class size limited.

For registration or more information about the program call the Normandale Center for Healing and Wholeness at 952-929-1698.



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homes & services**

McKenna Crossing



All Saints
SENIOR LIVING


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