



Powerful Tools for Caregivers

A FREE SIX WEEK EVIDENCE-BASED HEALTH PROMOTION PROGRAM FOR FAMILY CAREGIVERS.

2:00PM-3:30PM

**CHOWAN COUNTY PUBLIC SAFETY CENTER
305 E FREEMASON STREET
EDENTON, NC 27932**

The classes give you the tools to help:

- Reduce stress***
- Improve self-confidence***
- Manage time, set goals & solve problems***
- Better communicate your feelings***
- Make tough decisions***
- Locate helpful resources***

Six classes held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

SESSION DATES:

- Session 1: August 30th
- Session 2: September 6th
- Session 3: September 13th
- Session 4: September 20th
- Session 5: September 27th
- Session 6: October 4th

**"After taking this class, I am a much more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier "us"!
-PTC Class Participant**



To register, or for more information, contact Ashley Lamb at 252-404-7090.