

Powerful Tools FOR Caregivers



Wayne County Action Program, Inc.
Helping people. Changing lives.

6 Week Session

For Caregivers to Adults with Chronic Conditions

Thursday Mornings

10:00 a.m. - 11:30 a.m.

May 20th through June 24th

Classes will take place online via Zoom

Registration is required:

Call 315-665-0131 ext. 281

Or email: peter.schauf@waynecap.org

Classes are free of charge!

Learn How To:

- **Reduce Stress**
- **Improve Your Self-Confidence as a Care-Giver**
- **Better Communicate Your Feelings**
- **Balance Your Life**
- **Increase Your Ability to Make Tough Decisions**
- **Locate Helpful Resources**
- **Help Yourself in an Effort to Better Help Others**



Receive a gift basket for participation of over \$200 value including:

- **Joy For All Interactive Pet Companion**
- **Microwavable stress reducing neck and shoulder wrap**
- **Adult coloring and activity books, and colored pencil set**
- **Therapeutic Body Wipes**
- **Handheld wooden roller massager**
- **And more!**

