

# Powerful Tools FOR Caregivers

Strategies for caring for YOU.  
Because YOU are worth it.

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

*Any caregiver who is caring for an older adult with a chronic condition is welcome to register.*

*{Chronic Disease could include: Diabetes; High blood pressure; Depression; Hypertension; Dementia; Cancer; Etc. But it is not limited to these.}*



Attend this 90- minute **Powerful Tools for Caregivers** program once a week for six weeks.

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.

## **Registration Information:**

<https://yourjuniper.org/Classes/Register/4622>

(or) Contact Lisa Brown: 651-632-5320;

[caregiving@lyngblomsten.org](mailto:caregiving@lyngblomsten.org)

**Register by  
January 13, 2025**

## **Dates & Times**

**Jan 22 – Feb 26, 2025**

**Wednesdays, 3:30 pm-5:00 pm**

Jan 22 and 29; Feb 5, 12, 19, and 26  
(Session “0” held Jan 15th to test Zoom link)

## **Location**

Virtual – Zoom

Zoom instruction mailed prior to class.

## **Workshop Leaders**

Lynn Amon, LSW, MSW  
Sam Sleeman, CVA

## **Cost**

Optional Contributions  
to a Cost-Share Program



Juniper is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.



TRELLIS

Our evidence-based programs are partially funded by our Collaborative Partners and Juniper. This program is also funded under contract with Trellis as part of the Older Americans Act.

