

This workshop is brought to you through Oshkosh Seniors Center, Winnebago County UW-Extension, ADRC of Winnebago County, Winnebago County Health Department, Rehab Arisces, Menasha Health Department, Aurora, A Place for Mom, ThedaCare, ADVOCAP, & Network Health

Powerful Tools FOR Caregivers



*It's not
easy to care
for a loved
one. We
can
help....*



Powerful Tools for Caregivers will help you to:

- **Reduce stress**
- **Improve self-confidence**
- **Balance your life**
- **Better communicate your feelings**
- **Increase ability to make tough decisions**
- **Locate helpful resources**
- **Take care of YOU**

Date: Wednesdays— Sept 21, 28 & October 5, 12, 19 & 26

Time: 1:00 pm—3:00 pm

Location: Oshkosh Seniors Center
200 North Campbell Road
Oshkosh, WI 54902

Cost: \$25.00/ person

**Call 232-5300 to reserve your spot.
Class will fill quickly, call today!**

