

Running on empty?



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Caregiver Burnout

Brought you by:



wiha

Wisconsin Institute
for Healthy Aging

Join us and learn FOR **Powerful Tools
Caregivers**

The Powerful Tools for Caregivers workshop can help you avoid caregiver burnout and give you tools to better balance life and the added roll of caregiver. This workshop is focused on, you, the caregiver and helping you not just survive caregiving but THRIVE during your caregiving journey!

When: Tuesdays 9-11am, April 24th-May 29th, 2018

Where: North Conference Room at the Polk County Government Center, Balsam Lake

Cost: \$10/person

Registration: Space is limited so please contact Carrie at the ADRC at 877-485-2372 to register.