

“This class saved my life.”

—Previous Participant

Caring for someone with a chronic illness such as dementia, cancer, heart disease, Parkinson’s disease or stroke can be physically, emotionally and financially exhausting.

Connect with Resources

Balance your Life

Take Care of Yourself

Provided to you in partnership:



Powerful Tools FOR Caregivers



Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

Class meets for 2 hours once per week for six weeks.

**When: Wednesdays, May 10th-June 14th
from 5:00pm-7:00pm**

**Where: Amery Area Community Center,
Amery, WI**

Cost: \$10/participant

**Call Carrie Myers at the ADRC at 877-485-2372
to register and learn about respite care
options.**

Space is limited; register early!