



The best way to care for your loved one... care for yourself.

Are you interested in empowering caregivers in your community?
We are looking for Class Leaders to bring **Powerful Tools for
Caregivers** to your area!

Learn to teach classes to benefit caregivers in the following ways:

Powerful Tools for *Caregivers*

*For more information,
contact Megan Vogt*

*At the Area Agency on Aging
(706)583-2546 ext.208 or
mvogt@negrc.org*

Or visit

www.powerfultoolsforcaregivers.org

- ◆ Reducing stress
- ◆ Changing negative self-talk
 - ◆ Making tough decisions
 - ◆ Communicating needs
 - ◆ Controlling and dealing with emotions

