Powerful Tools for Caregivers Virtual Class

Sept 7th – Oct 12th, 2021
TWO SESSIONS AVAILABLE:
Tuesdays 1:30-3:00pm OR
Tuesdays 5:30-7:00pm
Cost: $5
Class Size Limited

This class will give you, the caregiver tools to:

- Help you reduce stress
- Communicate effectively
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

This online class includes the Caregiver help book which covers topics such as: hiring in-home help, helping memory impaired elders, making legal and financial decisions, making decisions about care facility placement, understanding depression and making decisions about driving.

Register by calling
620-544-4359
Deadline to register 9/3/21

K-State Research and Extension

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact K-State Research and Extension, 785-443-1628. Kansas State University Agricultural Experiment Station and Cooperative Extension Service-State Research and Extension is