

Powerful Tools for Caregivers



Oak Park & River Forest Townships Senior Services

130 S. Oak Park Avenue Oak Park, ILL. 60302

Dates: Monday Oct 2, through Mon. Nov 13, 2017

Times: 10:00 am to 12:30 pm

To Register: Contact Steven Smith (708) 383-8060

Class Leaders: Steven and Sarah Bernhart-Wasag

Powerful Tools for Caregivers

This is a 6-week educational series designed to help family caregivers take care of themselves while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse, and friend, someone who lives at home, in a nursing home, or across the country. **Class size is limited, and registration is required, call the number listed above if you wish to attend.** * Suggested donation of \$25 to help defray cost of the book. Not required in order to attend class.

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