



Presents  
**Powerful Tools  
for Caregivers  
Virtual Workshop**



**By Taking Care of  
Your Own Health  
and Well-Being,  
You Become a  
Better Caregiver**

This **Powerful Tools for Caregivers** is a six-week online educational program designed to build the skills caregivers need to take better care of themselves while caring for an adult.

This workshop will help you:

- √ Reduce Stress
- √ Improve self-confidence
- √ Balance your life
- √ Effectively communicate in challenging situations
- √ Increase ability to make tough decisions
- √ Locate helpful resources

*Please let us know if caring for your loved one is a barrier to attending the workshop. We may be able to help.*

[www.MinutemanSenior.org](http://www.MinutemanSenior.org)



**Program Details**

Class meets online once a week for 6 weeks

**Dates:**

Every Wednesday

January 24 - February 28, 2024

11:30 am - 1 pm

**Location:** Virtual

Link provided prior to start of class.

**Caregivers must have their own computer with webcam, microphone, and internet access.**

**Cost:** FREE, but space is limited!

Registration is required.

**To Register:**

Contact Stephanie Bott,  
Healthy Living Coordinator

[s.bott@minutemansenior.org](mailto:s.bott@minutemansenior.org)

781-221-7095

*Made possible through a generous grant from:*

