



Presents  
**Powerful Tools  
for Caregivers**



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

This **Powerful Tools for Caregivers** workshop is a six-week 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

*Made possible through a generous grant from:*



**Program Details**

Class meets in person  
once a week for 6 weeks

**Dates:** Thursdays, March 28 - May 2

**Time:** 10:00 - 11:30 am

**Location:** The Jenks Center  
109 Skillings Road, Winchester, MA

**Cost:** FREE, but space is limited!  
Registration is required.

**To Register:** Contact Suzanne Norton  
snorton@winchester.us  
or call 781-721-7136

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



For more information about Minuteman Senior Services,  
visit [www.minutemansenior.org](http://www.minutemansenior.org) or call 888-222-6171

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