

Powerful Tools FOR Caregivers

Caregiving can be a challenge,
but it's easier when you are prepared.

I never really thought of myself as a Caregiver. After all, I was just helping my mom take care of my dad.

Eventually, I realized that neither mom nor I were going to be much help to dad if we didn't take better care of ourselves.

Workshop Schedule

Thursday, November 17th 10am-11am
Antigo, Marshfield, Wausau ADRC-CW offices and a VIRTUAL option

And

Thursday, November 17th 2pm-3pm
Merrill and Wisconsin Rapids ADRC-CW offices and a VIRTUAL option

Registration:

Enrollment is limited; to register, contact the Aging & Disability Resource Center

Call: 1-888-486-9545

Website: www.adrc-cw.org

Workshop dates subject to change.

Reasonable accommodations will be made for disabilities. If you require such an accommodation, contact the ADRC at least 5 days in advance.

Managing Caregiver Stress

Caregiving for a family member or friend can be stressful—physically, emotionally, and financially.

Join a workshop for caregivers of adults with chronic conditions to learn about self-care strategies and techniques to increase relaxation and reduce stress.

Manage the daily stresses you face as a caregiver. Sign up today!

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology

