

# Powerful Tools FOR Caregivers

Take Care of Yourself, While Caring for a Loved One.

Caregivers provide so much to others as they care for a loved one such as a spouse, parent, neighbor, aunt or anyone. Powerful Tools is about how caregivers can care for themselves too.

Explore how to reduce stress, guilt, anger and depression. Improve your decision making and time management and communication skills.

This 6 week program is being offered at the ADRC-CW Wausau office.

Registration for this free program required.



**Thursdays**  
**April 20- May 25, 2023**  
**from 1:00-2:45 pm**

**ADRC-CW**  
**2600 Stewart Ave, Ste 25**  
**Wausau**

**715-261-6070**

**[www.adrc-cw.org](http://www.adrc-cw.org)**

**ADRC**  
Aging & Disability Resource Center  
of Central Wisconsin