

FREE! Powerful Tools for Caregivers

A class for family caregivers



Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a 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.

This class series meets once a week for six weeks. **Class size is limited, and registration is required.**

**Grand Round Retirement Assisted Living Facility
1809 Gekeler Lane
La Grande, OR**

January 16, 2018- February 20, 2018

1:30 PM – 3:00 PM

Tuesdays

Call Kathy @ 541-963-7532 to register today!

Powerful Tools
FOR Caregivers