

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, 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.

Dates: March 20, 2019 - April 24, 2019

Times: 10:00am - 12:30pm

Location: Otsego County Library
700 South Otsego Ave
Gaylord, MI 49735

To register: Call 989.358.4616
Email mainvilleb@nemcsa.org



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