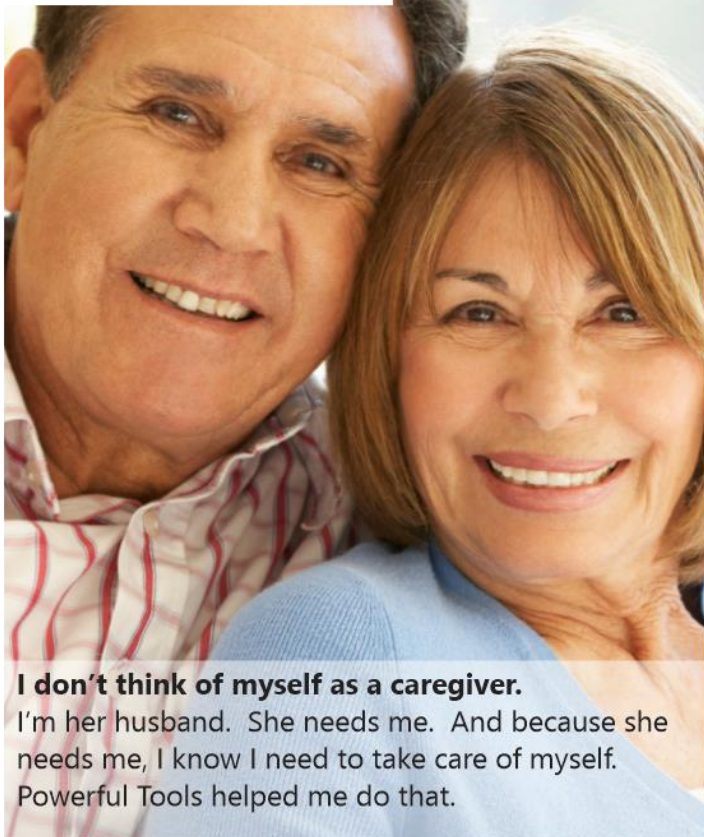




I don't think of myself as a caregiver.

I'm her husband. She needs me. And because she needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

2024

**When: April 3rd– May 8th
6 Consecutive Wednesdays**

Time: 9:30 am–11:30pm

**Where:
Prairie du Chien Library
125 S. Wacouta Ave.
Prairie du Chien, WI 53821**

**To register or for more
Information contact:
ADRC of Eagle Country
225 N. Beaumont Rd., Suite 117
Prairie du Chien, WI 53821
608-326-0235**

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

**What is Powerful Tools for Caregivers?
And why should I take it?**

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

