



Powerful Tools For Caregivers

Powerful Tools for Caregivers is a six-week education program designed to provide caregivers of older persons with the tools needed to take care of themselves. Caregivers learn to reduce stress, improve self-confidence, better communicate feelings, locate helpful resources, increase abilities to make tough decisions and balance their lives.

6 Consecutive Mondays

October 4th - November 8th

from 11:00 - 1:30pm

Home Aides of CNY ~ 723 James St., Syracuse

To register for this dynamic and nationally recognized program, contact:

Onondaga County
Department of Aging & Youth

435-2362 ext.140 or ext.139

There is a \$30 course fee to cover the cost of materials.



For more information or to register, please contact the Department of Aging & Youth

(315) 435-2362 ext. 140 or ext. 139

www.ongov.net/ay



ONONDAGA COUNTY DEPARTMENT OF
AGING AND YOUTH

alzheimer's  association