

# Free online class for family caregivers!

# Powerful Tools for Caregivers



Are you caring for an older adult or a person with a chronic illness? Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for a loved one. Learn to:

- Reduce stress and increase confidence
- Communicate effectively
- Improve time management and problem solving
- Locate helpful resources

**Virtual classes held on Tuesdays**  
**Starting March 30, 2021 from 1 pm - 2:30 pm**

Space is limited! This class meets for 90 minutes, once a week for six weeks.

**Contact Patti at 423-605-0307 or  
email [pwade@orangegrove.org](mailto:pwade@orangegrove.org)  
to reserve your spot.**

Participants must be able to access the internet from their own computer or smart device. Support getting set up with Zoom is available prior to the class.



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