



Powerful Tools
FOR Caregivers

Managing Caregiver Stress

Caregiving for a family member or friend can be stressful—physically, emotionally, and financially.

Join a workshop for *caregivers of adults with chronic conditions* to learn about self-care strategies and techniques to **increase relaxation** and **reduce stress**.

Manage the daily stresses you face as a caregiver. Sign up today!

DATE:

March 16, 2023

TIME:

6:00pm-7:30pm

LOCATION:

Matheson Memorial Library

Community Room

101 N. Wisconsin St., Elkhorn WI 53121

Registration:

Please call to register, 262-741-3309