



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!**

**Suggested donation of \$10, your registration will not be influenced based on your ability to donate.**

DATE:  
February 1, 2024

TIME:  
1:30-3:00pm

LOCATION:  
Walworth County Health & Human Services  
Observatory Room  
1910 County Road NN, Elkhorn WI  
53121

Registration:  
Please call to register, 262-741-3309