

TAKING CARE OF YOU: POWERFUL TOOLS FOR CAREGIVERS

New class starting in February at UPC



Do you, as a spouse, adult child, relative, or friend, provide care for an adult loved one with a chronic illness or disability?

“Powerful Tools for Caregivers”

A six week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while caring for a loved one

Classes consist of interactive sessions, discussions, and brainstorming to help you take the “tools” you choose and put them into action in your life.

Classes are free and taught by trained and certified class leaders.

Six Thursdays 1–3:30pm
February 16–March 22
To register: 425.438.0452
206.522.0183

Space is Limited - Reservations Required

Sponsored by:
Parish Nursing and Health Ministry
University Presbyterian Church