



Powerful Tools for Caregivers



Join this weekly class that aims to help caregivers take better care of themselves while caring for others.

You will:

- Improve self-care practices such as exercise, relaxation, and medical care
- Improve your ability to manage emotions including reducing guilt, anger, and depression
- Increase your self confidence in coping with the demands of caregiving

Thursdays, 3:30PM – 5PM
January 20 – March 3

Online via Zoom

Class Leaders:

Lynn Amon, MSW, LSW, Program Coordinator, 2nd Half with Lyngblomsten

Jessica Drecktrah, MHA, MN, RN, FCN, Faith Community Nurse Network

Cost:

There is no cost to participate.
Donations are appreciated

For more information or to register:

<https://yourjuniper.org/Classes/Register/2800>

Contact: Abby Jessen 651-204-0904
