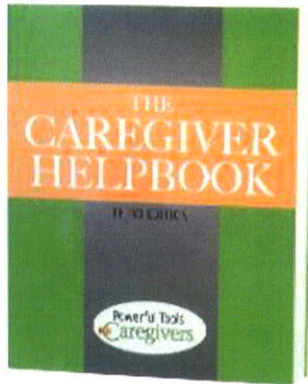


Powerful Tools for Caregivers

Give yourself the gift of YOU!



Each participant will receive a free copy of The Caregiver Helpbook (a \$30 value).

Registration is limited to 16 participants, so call now.

Refreshments will be served.

Program Co-Sponsors:

Gottlieb Geriatric Behavioral Health Unit

Gottlieb Adult Day Center

Aging Care Connections

AgeOptions

One of the *greatest challenges* of being a caregiver is finding the time to take care of *yourself*.

Powerful Tools for Caregivers is a free, self-care program for family caregivers that meets for six Wednesdays for one-and-a-half hours each week.

Facilitated by Colleen Pelikant, Aging Care Connections, and Ruth Folkening, AgeOptions, the classes will help you:

- Reduce stress and anxiety,
- Turn polarizing negative self-talk into positive energy,
- Express your needs to those in your support system,
- Deal with difficult feelings and challenging situations,
- Make tough decisions, and
- Set goals and problem solve.

When: Six Wednesdays, Jan. 16 to Feb. 20
2 to 3:30 p.m.

Where: Gottlieb Hospital Campus, Melrose Park

Contact: **Colleen Pelikant**, Aging Care Connections, **708-603-2328** or **Char Hill**, Gottlieb Hospital, **708-538-4316**



**Gottlieb
Memorial
Hospital**