



Powerful Tools For Caregivers

Powerful Tools for Caregivers is an evidence-based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, or someone who lives at home, in a nursing home, or across the country.

This class meets once a week for SIX WEEKS.
Each class builds on the previous week's information.

!!REGISTER TODAY!!

<u>Dates:</u>	Every Monday for SIX WEEKS (with the exception of September 3rd) August 5th; 12th; 19th, 26th September 3rd; 9th
<u>Time:</u>	9-11:30 am
<u>Location:</u>	Sunbeam Family Services 1100 NW 14th Street Oklahoma City, OK 73106
<u>To Register:</u>	Call Talena Ford at 405-609-6551 or ahughes@sunbeamfamilyservices.org
<u>Cost:</u>	Suggested donation of \$25 to cover cost of book <i>NOT required to attend class</i>

The Caregiver Fundamentals Program makes no distinction on the grounds of race, color, gender, age, ancestry, national origin, religion, or disability. A portion of the project costs are met by state and federal Older Americans Act funds from Areawide Aging Agency and the Oklahoma Department of Human Services Aging Services Division. There is no charge to participants; however, donations are accepted. Suggested donation : \$5/seminar