

Caring for a Loved One?



We are here to help you TAKE CARE of YOURSELF by providing:

- * Help with the transition of caregiving.
- * Help with communication and decision-making.
- * Time management, stress and problem solving.
- * The community resources you need.

THRIVE WHILE CAREGIVING!

Classes are scheduled on Mondays
Sept. 27 through November 8, 2021.

Choose to attend either the 10:30 to 12:00 noon Powerful Tools class or the 5:30 to 7:00 pm class at the Wautoma Public Library. Please indicate your preference; but keep in mind that class size is needed for group conversation, and classes are subject to change. Respite services will be available.

Contact Marty Bechard with the Waushara County Department of Aging at 787-0403 if you are interested in attending the class.

Trust us-you will be a more confident Caregiver!