



# Powerful Tools FOR Caregivers

## A Free Virtual Class for Family Caregivers

**6 Thursdays, June 4<sup>th</sup> – July 9<sup>th</sup>**

**10 AM – 12 PM**

**Online only**

**Instructions to access the class will be provided  
to registered participants.**

**Computer and internet access is required.**

**Registration required by May 29<sup>th</sup>**

### ***Care for yourself to provide better care for your loved one***

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. Whether you are helping a parent, spouse, or friend, and regardless of where they live — at home, a nursing home or across the country — you will benefit from this class.

**Presenters: Mindy Lohman-Hinz & Mary Collins,  
Caregiver Program Coordinators  
Frederick County  
Senior Services Division**



**To register please call or email:**

**301-600-6001**

**[mlohman@frederickcountymd.gov](mailto:mlohman@frederickcountymd.gov)**