



Powerful Tools FOR Caregivers

A Virtual Class for Family Caregivers

**6 Mondays, October 12th – November 16th
2 PM – 4 PM
Online only**

Instructions to access the class will be provided to registered participants. Computer and internet access is required.

Free, registration required by October 5th

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