POWERFUL
Tools for Caregivers

Learn how to:

- Manage emotions
- Reduce stress
- Cope w/caregiving issues & demands

6 VIRTUAL
WEEKLY CLASSES
90 MINUTES EACH

Session 1 begins April 20
Tuesdays, 1:00-2:30 pm

OR

Session 2 begins May 6
Thursdays, 10:00-11:30 am

To register, call
Susan Tucker at 252-436-2040

Kerr-Tar
Area Agency on Aging
Your Anchor for Aging

FREE!

POWERFUL
Tools for Caregivers

Learn how to:

- Manage emotions
- Reduce stress
- Cope w/caregiving issues & demands

6 VIRTUAL
WEEKLY CLASSES
90 MINUTES EACH

Session 1 begins April 20
Tuesdays, 1:00-2:30 pm

OR

Session 2 begins May 6
Thursdays, 10:00-11:30 am

To register, call
Susan Tucker at 252-436-2040

Kerr-Tar
Area Agency on Aging
Your Anchor for Aging