

Powerful Tools FOR Caregivers

Are you caring for someone else?
Don't forget to take care of YOU!

Powerful Tools for Caregivers is a free series of **six 'self-care education' sessions** designed to help family caregivers handle the unique challenges of care-giving.

A new session starts soon!

Mondays March 7 – April 11, 2016

2:00-4:30pm

Up-Island Council On Aging - Howes House

All attendees must pre-register.

Please contact Mary Holmes @ 1-508-560-6012 or

PowerfulToolsMV2016@gmail.com

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