



# Division of Senior Services Presents Powerful Tools For Caregivers



It's not easy to  
care for a loved one.  
Are you stressed by  
care giving?  
We can help...

Learn different strategies to reduce stress, communicate well and navigate your family dynamics while making tough decisions. Build confidence in your decisions as you learn effective problem solving skills.

- Class Schedule** ▶▶▶ **TUESDAY'S ONLY, September 12- October 17, 2017** at the West County Senior Center. Class size is limited and pre-registration is required.
- Time** ▶▶▶ Each class will begin at 10:00am - 11:30am
- Free Registration** ▶▶▶ Donations are welcome.

"Sometimes the most important thing in a whole day is the rest we take between two deep breaths." -Etty Hillesum

**Location Information** ▶▶▶▼

West County Senior Center  
2916 State Road #15  
Belle Glade, FL 33430  
Telephone: (561) 996-4818

**For more information, or to register call** ▶▶▶

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