

Senior Services

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## **POWERFUL TOOLS FOR CAREGIVERS:** *Adults with Chronic Illness*

**What:**..... JFCS will host a six-week class, “Powerful Tools for Caregivers.” The class is designed to provide you with a wealth of self-care tools that will help you take care of yourself while taking care of others. You will learn to reduce stress, improve your self-confidence, bring more balance to your life, better communicate your feelings, and increase your ability to make tough decisions. The class is open to people from the Jewish and broader community.

**When:**..... **Wednesdays, May 1<sup>st</sup> to June 5<sup>th</sup>**  
10 to 11:30 a.m.

**Where:**..... **This class will meet in person at the Minnesota JCC Sabes Center**  
4330 Cedar Lk Rd S, Minneapolis, MN 55416

**Who:**..... **Facilitated by** Irina Yakusheva; Jennifer Koontz, MS

**Register:**..... **Register now at [jfcsmpls.org/events](http://jfcsmpls.org/events)**  
or by calling 952-542-4819



*There is no charge to participate; voluntary contributions are appreciated.  
Limited to 10 participants.*