

Senior Services



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

What:..... JFCS, will host a six-week class, “Powerful Tools for Caregivers.” If you have picked up a prescription, brought over dinner, given a ride to the doctor, taken care of an errand or made decisions big or small on behalf of a senior, you are a caregiver. 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, April 23rd to May 28th**
10 to 11:30 a.m.

Where:..... **This class will meet in person at the MN JCC- Sabes Center Mpls**
4330 S. Cedar Lake Road, St Louis Park, MN 55416

Who:..... **Facilitated by** Jennifer Koontz and Irina Yakusheva

Register:..... **Register now by April 16 at jfcsmpls.org/events or by calling**
952-542-4819



There is a \$15 charge to participate. No one will be turned away due to inability to pay. Limited to 10 participants.