

Powerful Tools for Caregivers

A class for family caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers (no professional caregivers, please). This pro-gram will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

Dates

Monday, February 25, 2013

Monday, March 4, 2013

Monday, March 11, 2013

Monday, March 18, 2013

Monday, March 25, 2013

Monday, April 1, 2013

(Weekly series for 6 weeks)

Time: 11:30 a.m.-1:30 p.m.

Location:

Park Plaza Hospital

1313 Hermann Drive

Houston, TX 77004

South Tower

Conference Room (1st Floor)

Registration is Required by Friday February 15, 2013

At Your Side Home Care

713-337-1133

Lunch will be provided for all classes

Parking is not provided

Valet parking is \$9.00 , Hermann Street has metered parking

Sponsored by:



H.I.S. Cornerstone



PARK PLAZA

alzheimer's association
Houston & Southeast Texas Chapter



After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... and a healthier "us!"

-Peggy, Caregiver (Mother has Alzheimer's disease)

For Questions please call 713-337-1133