

# POWERFUL TOOLS For Caregi♥ers

FREE\* 6-WEEK CLASS FOR FAMILY CAREGIVERS

Caring for someone?

Taking care of yourself is just as important.

*You're there for them, we're here for you.*

Tuesdays, February 24 - March 31

1:30 – 3:30 p.m.

Kenosha County Job Center, Room S11

8600 Sheridan Rd., Kenosha

Call the ADRC to register by February 19

**262-605-6646**



**ADRC**  
Aging and Disability Resource Center  
of Kenosha County

\*donations accepted