

## Powerful Tools for Caregivers

A class for family caregivers

***Powerful Tools for Caregivers*** is an educational program designed to help family caregivers take care of themselves 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.

This class series meets once a week for six weeks.

Class size is limited and registration is required.

<b>Feb. 22—March 29, 2010.</b>	St. Luke's United Methodist Church, 3471 Westheimer, 77027.
Mondays, 5:30—7:30 p.m.	Contact Faith Brock (713-552-0420) or Gill Hill (713-979-3777).
<b>March 4, 2010.</b>	Methodist Sugar Land Hospital (chapel), Sweetwater & Hwy 59
Thursdays, 4:30—6:30 p.m.	Contact Can Care (713-461-0028) or Tommy Thompson (713-461-0819).
<b>March 22—April 26, 2010.</b>	The Buckingham, 8580 Woodway, 77063.
Mondays, 1:30—3:30 p.m.	Contact Monica Romero (713-979-3100).
<b>April 9, 2010.</b>	Northwoods Presbyterian Church, 3320 FM 1960 West, 77068.
Fridays, 9:30 a.m.	Contact Carmalyn McCracken (281-444-8861).
<b>April 12, 2010.</b>	Grace Presbyterian Church, 10221 Ella Lee, 77042.
Mondays, 6:30—9:00 p.m.	Contact Becky Morris (713-267-5052).

There is no charge to attend the class.