

6-week series beginning April 17!



Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a weekly class series that shows caregivers how they can take better care of themselves while still taking care of a loved one

Who: Caregivers of adults aged 60+ or adults with disabilities 18+

When: Wednesdays at 2:00pm to 3:30pm, April 17 to May 22

Where: Delton District Library, 330 North Grove Street, Delton, MI

Learn ways to:

- Reduce stress
- Communicate effectively
- Make tough decisions
- Handle the challenges that come with being a caregiver

Class size is limited and registration is required

before April 10, 2024.

Register by calling
(269) 966-2450

