



***Powerful Tools for Caregivers*** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend.

Class size is limited, and registration is required.

<b><i>Date(s)</i></b>	<b><i>Time</i></b>	<b><i>Location</i></b>	<b><i>Registration Information</i></b>
Thursdays, February 1, 8, 15, 22 and March 1, 8, 2018	1:30 – 3:00 PM	214 Main St E Cavalier, ND	Contact: Kari Helgoe, Extension Agent Phone: 701-265-8411 Email: kari.l.helgoe@ndsu.edu \$50.00 <i>*Audience: Family caregivers of adults with chronic illness</i>