



***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.

<i>Date(s)</i>	<i>Time</i>	<i>Location</i>	<i>Registration Information</i>
<b>Thursdays, April 13, 20, 27 &amp; May 4, 11, 18</b> This class series meets once a week for six weeks.	1:00 – 3:30 PM	Cavalier Ambulance Training Center 105 W 2 <sup>nd</sup> Ave N Cavalier, ND	\$50  Contact: Sandy LeTexier  Phone: 701-265-8411  Email: sandy.letexier@ndsu.edu
<b>Fridays, April 21, 28 &amp; May 5, 12, 19, 26</b>  This class series meets once a week for six weeks.	1:00- 2:30 PM	Extension Office 101 County Road 12B Park River, ND	\$50 (\$10 paid by participants & \$40 paid by First Care Health)  Contact: Jamie Medbery  Phone: 701-284-6624  Email: jaimie.medbery@ndsu.edu
<b>Thursdays, May 9, 16, 23, 30 June 6, 13, 2017</b> This class series meets once a week for six weeks.	1:30 – 3:00 PM	Prairie Hills Assisted Living Facility 400 S 4 <sup>th</sup> St Wishek, ND	Cost: \$32  Contact: Karen Bettenhausen or Kristie Schnabel  Phone: 701-288-5180  Email: karen.bettenhausen@ndsu.edu