



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>
Fridays, April 7, 14, 28 & May 5, 12	1:00- 2:30 PM	Extension Office 101 County Road 12B Park River, ND	\$50 (\$10 paid by participants & \$40 paid by First Health Care Center) Contact: Jamie Medbery Phone: 701-284-6624 Email: Jaimie.medbery@ndsu.edu
Thursdays, May 9, 16, 23, 30 June 6, 13, 2017 This class series meets once a week for six weeks.	1:30 – 3:00 PM	Prairie Hills Assisted Living Facility 400 S 4 th St Wishek, ND	Cost: \$32 Contact: Karen Bettenhausen or Kristie Schnabel Phone: 701-288-5180 Email: karen.bettenhausen@ndsu.edu