**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.

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<th>Date(s)</th>
<th>Audience</th>
<th>Time</th>
<th>Location</th>
<th>Registration Information</th>
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</table>
| Tuesdays, Sept. 11, 18, 25 and Oct. 2, 9, 16, 2018 | Family caregivers of adults with chronic conditions | 1:30-3:00 PM | Hope Lutheran Church South 3636 25th St. S. Fargo, ND | No Cost  
Contact: Rita Ussatis  
Phone: 701.241.5700  
rita.ussatis@ndsu.edu  
Class Leaders: Rita Ussatis and Abby Husar |
| Thursdays, Sept. 13, 20, 27 and Oct. 4, 11, 18, 2018 | Family caregivers of adults with chronic conditions | 1:30-3:00 PM | Mayville Hospital 42 6th Ave SE Mayville, ND | No cost  
Contact Julianne Pedersen  
Phone: 701.271.3231  
juliannep@lssnd.org |
| Thursdays, Oct. 4, 11, 18, 25 and Nov. 1, 8, 2018 | Family caregivers of adults with chronic conditions | 1:00-2:30 PM | Pembina County Transit Center 214 Main St W Cavalier, ND | No cost  
Contact: Sandy LeTexier  
Phone: 701.265.8411  
Sandy.letexier@ndsu.edu  
Class leaders: Kari Helgoe and Jeanna Kujava |
| Tuesdays, Oct. 30, Nov. 2, 13, 20, 27 and Dec. 4, 2018 | Family caregivers of adults with chronic conditions | 1:00-2:30 PM | Grand Forks Senior Center 620 4th Ave S Grand Forks, ND 701.757.4866 | No cost  
Phone: 701.780.8229  
Class Leaders: Molly Soeby and Julie Pedersen |
| Tuesdays, Oct. 30, Nov. 2, 13, 20, 27 and Dec. 4, 2018 | Family caregivers of adults with chronic conditions | 9:30-11:00 AM | Cavalier County Courthouse Meeting Room 901 3rd St. Langdon, ND | No Cost  
Contact: Macine Lukach  
Phone: 701.256.2560  
machine.lukach@ndsu.edu  
Registration is required by October 22nd. |