**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.

<table>
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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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| Tuesdays, February 12, 19, 26, and Mar. 5, 12, 19, 2019 | Family caregivers of adults with chronic conditions | 1:30-3:30PM | Missouri Slope Lutheran Care Center North Campus, 4916 North Washington Bismarck, ND | No Cost  
Contact: Vanessa Hoines  
Phone: 701.667.3340  
vanessa.hoines@ndsu.edu |