

NDSU

EXTENSION
GRAND FORKS COUNTY

Powerful Tools for Caregivers

A class for family caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

Taught by: Molly Soeby, Family and Community Wellness Agent,
NDSU Extension Grand Forks County, and
Julie Pedersen, Lutheran Social Services

This class series meets once a week for six weeks. Class is free of charge.

Dates: Thursdays, October 3, 10, 17, 24, 31, November 7, 2019

Times: 1:30 – 3:00 p.m.

Location: NDSU Extension Grand Forks County
151 S. 4th St S302
Grand Forks, ND 58201
701-780-8229

Class size is limited and registration is required.

For registration information call NDSU Extension at 701-780-8229.

www.ag.ndsu.edu/grandforkscountyextension

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County Commissioners, North Dakota State University and U.S. Department of Agriculture cooperating.
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