



Powerful Tools for Caregivers Educational Series 2017



The Life Center is offering a six week educational series designed to provide you with the tools needed to care for yourself while caring for your loved one.

Time: 12:30 p.m.- 2:30 p.m. (Lunch will be provided at no charge.)

Class Schedule:

September 20
September 27
October 4
October 11
October 18
October 25

This series offers tools to:

- ◇ Help you to reduce stress
- ◇ Communicate effectively
- ◇ Take care of yourself
- ◇ Reduce guilt, anger, and depression
- ◇ Locate helpful resources
- ◇ Help you relax
- ◇ Increase your ability to make tough decisions
- ◇ Balance your life

Location :

Thomasville Chamber
of Commerce
941 Randolph Street
Thomasville, NC
(336) 475-6134



North Carolina Family Caregiver Support Program
Completing the Care

**** Registration is required and space is limited. ****

To reserve your space, please contact Nina Smith, Fundraising Coordinator at **(336) 249-2155** or nsmith@lifecenterdavidson.com. This educational series is offered at no charge with contributions graciously accepted.



United Way
of Davidson County



The Life Center of Davidson County wishes to extend a special thank you to our partners for this 6-week educational series
Thomasville Chamber of Commerce
Novant Health-Thomasville Medical Center



Thomasville Medical Center