



Powerful Tools for Caregivers Educational Series 2018



The Life Center of Davidson County 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:

May 2
May 9
May 16
May 23
May 30
June 6

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 :

The Life Center
601 West Center Street
Lexington, NC

**** 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.

