



Powerful Tools FOR Caregivers

of military members or veterans
with chronic conditions

Feeling stretched caring for a military member or veteran?

Powerful Tools for Caregivers is a class designed to provide you—the caregiver—with skills to take care of yourself.

The series of six classes, held once each week, offers tools and support to help you **reduce stress, solve problems, and communicate confidently** when faced with tough decisions.

Everyone benefits when you take care of yourself...



start here!

Dates

Time

Central

Location

Cost

Registration

<https://go.iastate.edu/RE58OT>

Questions?

www.extension.iastate.edu/humansciences/ptc

The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. HS 136 December 2021