

Powerful Tools for Caregivers



Free!

*A free 6-week class about
taking care of yourself while
you care for a loved one*



What: Whether you provide care for a spouse, partner, parent, friend, neighbor, or a child with disabilities, this course is for caregivers like you!

Who: Family and friend caregivers

When: Wednesdays, January 8 - February 12, 2025 from 10:30am - 12:00pm

Where: The Memory Hub - 1021 Columbia St, Seattle WA 98104

Free valet parking available (limited, while space lasts) for Memory Hub guests.

Space is limited, register soon!

To register, call Charlie at 206-221-5514 or email to ellisc@uw.edu

Registration deadline is January 3rd, 2025!

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