



# Powerful Tools for Caregivers

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

**SPRING SESSION: MONDAYS, APR 13 - MAY 18 | 2 - 3:30 P.M.  
OFFERED "VIRTUALLY" BY VIDEO OR PHONE**

Learn key tools for self-care such as reducing personal stress, communicating in challenging situations, identifying community resources, and more.

Space is limited; Registration required by April 6:  
Marigrace Becker, 206-744-2017, mbecker1@uw.edu.