

# Powerful Tools for Caregivers

## A class for family caregivers



*Powerful Tools for Caregivers* is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets once a week for **six** weeks. Participants are asked to attend all six classes.

Space is limited and pre-registration is required. Please contact **Bill Bengtson** at 206.727.6260 or [williamb@soundgenerations.org](mailto:williamb@soundgenerations.org)

Dates: Mondays, March 4th – April 8th, 2019

Times: 1:00p.m. – 2:30p.m.

Location: **Lake City Community Center**  
**12531 28<sup>th</sup> Ave Northeast**  
**Seattle, WA 98125**

Cost: This **free class** series is presented by Sound Generations and graciously hosted by Lake City Seniors.



We are inclusive and welcoming of the LGBTQ community!  
If you have questions about feeling safe in this space, please call us.



Senior Services is now Sound Generations

