

# Powerful Tools for Caregivers

A class for family caregivers of adults  
with chronic conditions



*Powerful Tools for Caregivers* is an educational program designed to help families take care of themselves while providing oversight for an older adult relative or friend. Participants will benefit from this class whether they are helping a parent, spouse, friend, someone who lives at home, in a nursing facility, or across the country.

This class meets weekly for six weeks.

**Class size is limited, and registration is required.**

**Start Date:** Tuesday, November 7<sup>th</sup> 2017

**Time:** 10:30am to 12:00pm

**Location:** Aging and Disability Resource Center of Broward County,  
5300 Hiatus Road, Sunrise, FL 33351 (entrance on 53<sup>rd</sup> St.)

Please contact Vanessa Rico-Robie to register

**954-745-9567**

