



Powerful Tools for Caregivers



Join this weekly class that aims to help caregivers take better care of themselves while caring for others.

You will:

- Improve self-care practices such as exercise, relaxation, and medical care
- Improve your ability to manage emotions including reducing guilt, anger, and depression
- Increase your self confidence in coping with the demands of caregiving

Mondays, 10:15–11:45 AM
April 17–May 22, 2023

Location:

Lyngblomsten, Chapel
1415 Almond Ave
Saint Paul, MN 55108

Class Leader(s):

Cheryl Lanigan, MA, BSN, PHN, FCN
Savannah Dahl, CTRS

Cost:

Contributions accepted cost-share program based on sliding fee scale.
Ability to pay is not required.

Register by March 31

<https://yourjuniper.org/Classes/Register/3870>

or contact Lisa Brown at 651-632-5320

caregiving@lyngblomsten.org
