



# POWERFUL TOOLS FOR CAREGIVERS

**SIX CONSECUTIVE  
THURSDAYS, JULY 12<sup>TH</sup> –  
AUGUST 16<sup>TH</sup>**

Belmont Community Building  
222 S. Mound Avenue  
Belmont, WI 53510

A six-week program that helps caregivers better care for their loved one – and themselves! This program will help you cope with the challenges that come with your role as caregiver.

For more class information and to register please contact:

Pam Kul-Berg at 608-426-4295 or

Ruth Rotramel at 608-723-6113



**Receive tools to  
help with:**

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**Reducing stress,  
guilt, anger and  
depression**

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**Managing time,  
setting goals**

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**Communicating  
effectively with  
family and medical  
professionals**

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*Caring isn't the  
hard part of  
caring...*

**Join us to learn  
how to take care  
of yourself while  
caring for your  
loved one!**