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 seven weeks (no class 10/4).

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

- **Dates:** Wednesdays, September 13, 2017 – October 25, 2017  
  *(No class on Wednesday, October 4th)*
- **Times:** 6:00 – 7:30 p.m.
- **Location:** UVM Medical Center Fanny Allen Campus  
  790 College Parkway, Colchester, VT  
  Dunbar conference room
- **To register:** Call Charlotte Gowen at 802-847-4334
- **Cost:** Suggested donation of $30 to defray cost of the book.  
  *Not required in order to attend class.*