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When you take care of
yourself, everyone benefits.

Ignoring your own needs is
not only potentially
detrimental to you, but it
can also be harmful to the
person who depends on you.

Sign up today!

WASHBURN COUNTY UNIT ON AGING

**850 W Beaverbrook Ave.
Suite 3
Spooner WI 54801**

**Phone: 635-4460
Fax: 715-635-4464
E-mail: aging@co.washburn.wi.us**

**Caring for
a loved
one?**

***Caring
Concern
Communication
We can help !***



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While caring for another...

Caring for others is very rewarding, but can also at times be very stressful.

This 6-week course is designed for Family Caregivers like you to help:

- Take care of YOU
- Identify and reduce personal stress
- Communicate feelings, needs, and concerns
- Manage challenging situations
- Learn from your emotions
- Master caregiving decisions
- Communicate effectively with health care professionals

This program focuses on YOU, the Caregiver.

If you're the family caregiver, you could benefit from this program.

When and Where will a "Taking Care of You" Workshop be held?

Date: Mondays

November 2—December 7

Time: 12:30—2:00 p.m.

Location: Trinity Lutheran Church
Spooner, WI

Cost: No charge

(Session book provided for course; if you'd like to keep it the cost will be \$20.00)

Local Sponsors:

Washburn County Unit on Aging

U-W Extension

Trinity Lutheran Church

Respite care for dementia can be arranged through Susan Miller, Alzheimer's Day Respite, 715-416-2942

For additional information please call:

Unit on Aging at 635-4460

Taking Care of You: Powerful Tools for Caregiving

Please Print.

Name:

Address:

Phone:

Fax:

E-mail:

While you attend the workshop, will your loved one need respite care services?

Yes No

DETACH AND SEND TO:

**Washburn Co. Unit on Aging
850 W Beaverbrook Ave.
Suite 4
Spooner WI 54801**