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# Powerful Tools FOR Caregivers

This FREE series of six classes is designed to empower family caregivers of older adults to take better care of themselves. The tools learned from **Powerful Tools for Caregivers** benefit caregivers by developing a wealth of self-care strategies to better handle the unique challenges faced by family caregivers.

The evidence-based curriculum of **Powerful Tools for Caregivers** was developed by Dr. Kate Lorig and her colleagues at Stanford University and has benefited more than 80,000 caregivers nation-wide.

#### Participants Will Learn To:

- Identify and reduce personal stress
- Communicate feelings, needs, and concerns
- Take care of you
- Learn from emotions
- Communicate more effectively during challenging situations
- Master caregiving decisions

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## CAREGIVERU

A Program of AGE of Central Texas

Classes are offered at no cost to participants. CaregiverU courses are offered multiple times throughout the year at various locations in Travis, Williamson, Hays, and Bastrop counties.

Class Schedules & More Information:  
[www.CaregiverUcentx.org](http://www.CaregiverUcentx.org)

For more information and services, please contact:  
**AGE of Central Texas**  
(512) 451-4611  
[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)

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