



The ARK  
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## Powerful Tools for Caregivers

### 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 who has a chronic illness. You will benefit from this class whether you are helping a parent, spouse, or friend who lives at home, in a nursing home, or across the country.

This class series meets weekly on Tuesday for six weeks beginning March 31, 2020.

**Class size is limited, and registration is required.**  
**A minimum of 8 participants is needed to hold the class.**

**Date:** Tuesday, March 31, April 7, 14, 21, 28 & May 5, 2020

**Time:** 1:30 PM – 4:00 PM

**Location:** David Sojourner Senior Center  
5361 E. Jim Bilton Blvd  
St. George, SC 29477

**To Register:** The ARK  
Jan Hyatt  
843-471-1360  
843-822-4703

**Cost:** Workshop is **FREE**