



The ARK
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Powerful Tools for Caregivers Telehealth PTC Class

A virtual class for family caregivers



Powerful Tools for Caregivers Telehealth PTC Classes is an **online educational program** designed to teach family caregivers how to 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 Telehealth PTC class series meets weekly on Thursday for six weeks beginning June 25th.

Class size is limited and registration is required

Date: June 25, July 2, 9, 16, 23, 30, 2020

Time: 5:00 PM – 6:30 PM

Virtual Location: Online

To Register: Naomi Cills 843-471-1360 or
Jan Hyatt 843-822-4703

You will receive a **link** and **password** to access the virtual classroom prior to beginning classes each week

Cost: Workshop is **FREE**