



THE ARK OF SC

POWERFUL TOOLS FOR CAREGIVERS TELEHEALTH CLASS: A VIRTUAL CLASS FOR FAMILY CAREGIVERS

POWERFUL TOOLS FOR CAREGIVERS TELEHEALTH (PTC) CLASSES IS AN **ONLINE 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 LONG-TERM CARE FACILITY, OR ACROSS THE COUNTRY.

**THIS TELEHEALTH PTC CLASS SERIES MEETS WEEKLY ON
TUESDAY FOR SIX WEEKS SEPTEMBER 24, 2024**

CAREGIVERS MUST HAVE THEIR OWN COMPUTER WITH WEBCAM, MICROPHONE, AND INTERNET ACCESS.

DATE: TUESDAY, SEPTEMBER 24, OCTOBER 1, 8, 15, 22 & 29, 2024

TIMES: 6:30PM- 8:00PM

LOCATION: ONLINE WITH ZOOM

TO REGISTER: THE ARK

JAN HYATT

843-822-4703 (CELL)

843-471-1360 (OFFICE)

**YOU WILL RECEIVE A LINK AND PASSWORD TO ACCESS THE VIRTUAL CLASSROOM
PRIOR TO BEGINNING CLASSES EACH WEEK**

COST: WORKSHOP IS FREE

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