

# Powerful Tools for Caregivers

Six-week class, two hours a week for family and friends caring for older adults

- Improve self-care such as exercise, relaxation and medical check-ups
- Learn to manage guilt, anger and depression
- Increase self-confidence in coping with caregiver demands
- Find local community resources

Online and in-person classes  
[yourjuniper.org](https://yourjuniper.org)