

Powerful Tools **FOR** Caregivers

Powerful Tools for Caregivers is a six-session educational program designed to equip family caregivers with the tools they need to care for themselves.

Let's face it – caregiving can be stressful – physically, emotionally, and financially. Powerful Tools for Caregivers enables caregivers to reflect on their lives, acquire effective coping strategies for managing stressors, and become more comfortable in their caregiving roles. It is not a support group, but it provides a highly supportive and informative environment.

Wednesdays, September 24, 2025, through October 29, 2025

From 2:00-3:30 PM

Johnathan Creek Christian Church

1425 Johnathan Creek Road, Sullivan, IL 61951

Registration Deadline is September 19, 2025

For more information, contact:

Sheila Greuel, MA, and Angela Hogan, RN, MSPH, Class Leaders
Moultrie County Health Department at (217) 728-4114

IOWA STATE UNIVERSITY
Extension and Outreach

**MOULTRIE COUNTY HEALTH
DEPARTMENT**