

Powerful Tools FOR Caregivers

With William Bengston & Daria Sawochka



**Mondays,
Sep 10-Oct 15**

1-2:30pm

**Greenwood
Senior Center
525 85th Street**

Free

This six-week evidence-based course is for family caregivers.

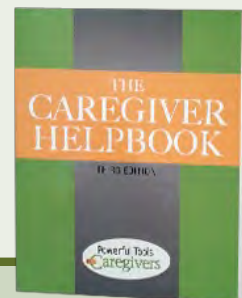
The curriculum provides tools and strategies to better handle the challenges of caregiving.

Registration required: **206. 727.6231** or

darias@soundgenerations.org

**Class limit of 15
participants.**

The *Caregiver Helpbook* will be available for purchase.



**Greenwood Senior Center
525 N 85th St, Seattle
www.phinneycenter.org/gsc**



Senior Services is now Sound Generations



Greenwood Senior Center