



POWERFUL TOOLS FOR CAREGIVERS

A course for family caregivers for lifestyle management and healthy living!



Based on the Stanford's Chronic Disease Self-Management Program, this course is designed to provide family caregivers the tools to increase their self-care and their confidence to handle difficult situations, emotions, and decisions.

THESE TOOLS WILL HELP CAREGIVERS:

- Reduce personal stress
- Communicate effectively
- Practice self care
- Reduce guilt, anger, and depression
- Experience relaxation techniques
- Make tough decisions
- Set goals and problem solve

WHEN: Six Saturdays, 7/16/16 - 8/20/16
1:00-2:30 p.m.

WHERE: East San Gabriel Valley Japanese Community Center
1203 W. Puente Ave., West Covina, CA 91790

CONTACT: For more information or to RSVP, please contact Kanako Fukuyama at 213.873.5709 or kfukuyama@keiro.org.

This course will be led by friendly and trained Keiro staff and volunteers in a small, interactive group setting.

No Fee. RSVP Required. Space is limited- maximum 15.

All programs are FREE unless otherwise noted and are made possible by Keiro along with support from Keiro's Community Partners, donors, and volunteers.

FREE COURSE

HOSTED BY:



EAST SAN GABRIEL VALLEY
JAPANESE COMMUNITY CENTER **ESGVJCC**

Keiro TM

Founded in 1961, Keiro is a not-for-profit organization dedicated to enhancing the quality of senior life in Our Community. Our organization provides resources, tools, and culturally sensitive programs to help older adults age on their own terms and live with dignity, vitality and confidence. We also support caregivers with problem-solving approaches to manage some of their toughest challenges.