

# Powerful Tools FOR Caregivers

A free six-week educational program designed to help family caregivers take better care of themselves while caring for a friend or relative.

**This course is for family caregivers like you!**

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**We are offering this course in person and online.**

## **In person during the day**

Day and Time: Tuesdays, 1:30 pm – 3:00 pm

Dates: Aug. 29, Sept. 5, Sept. 12, Sept. 19, Sept. 26, Oct. 3

Location: Bear Canyon Senior Center

4645 Pitt St NE, Albuquerque, NM 87111

## **Online in the evening**

Day and Time: Tuesdays, 5:30 pm - 7:00 pm

Dates: Sept. 12, Sept. 19, Sept. 26, Oct. 3, Oct. 10, Oct. 17

Location: Zoom - RSVP for the link

This course is generously sponsored by AARP.



## **Online during the day**

Day and Time: Wednesdays, 1:00pm-2:30pm

Dates: Oct. 11, Oct. 18, Oct. 25, Nov. 1, Nov. 8, Nov 15

Location: Zoom - RSVP for the link

**Registration is required**

**Call us: 505-494-4021**

**Visit us: [www.familycaregivernm.org](http://www.familycaregivernm.org)**

