

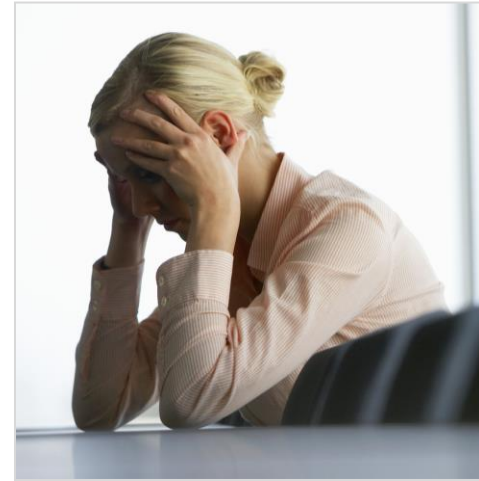
Do you **WORRY** about an aging parent, spouse, or family member?

Do they turn to you if they **need help** or **advice**?

Do you provide **emotional support** as they face the issues of aging?

Do you feel **responsible** for their wellbeing?

If you answered “yes” to any of these questions, then you are probably experiencing the **stress** of balancing your own life with their needs. Whether your loved one lives with you, down the street, or across the country, it is a challenging role that can have a **major impact** on your own health and well-being.



To help you manage this role and protect your own health, JFS is offering a free 6-week

Powerful Tools Workshop

This workshop **will help you** develop a wealth of tools to:

- √ Reduce personal stress
- √ Effectively communicate with your loved one, family members, or health care providers
- √ Handle challenging situations... and more!

This is not a support group, but is an **interactive class** that will help you to develop effective strategies and methods for caring for your older family member.

The class is **FREE**. Seating is very limited.

Made possible by a grant from the LA Department of Aging.
Hosted by

