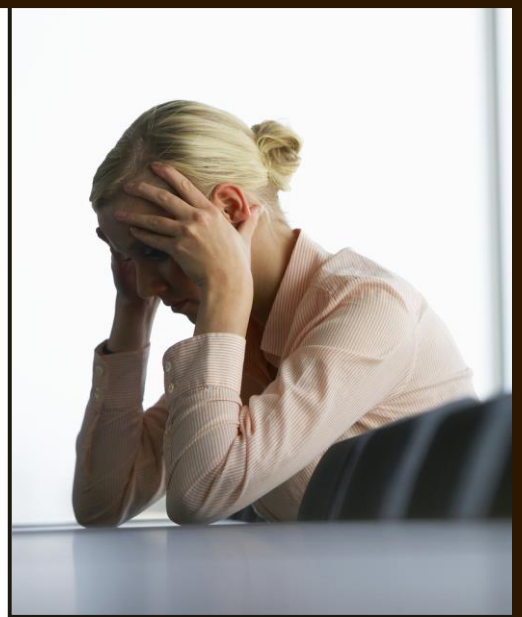


Do you **WORRY** about an older family member?

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

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



If you answered “yes” to any of these questions, then you are probably experiencing the **stress** of balancing you 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, we are offering ~

Powerful Tools Workshop
Wednesdays, May 6 - June 10
6:00 - 8:00pm



4061 Grand View Blvd, Los Angeles

Free Parking

This 6-week 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!

The class is **FREE** and open to anyone 18 or over who is helping a spouse/partner or family member over 65 years old. Seating is very limited.

**For more information or to pre-register, call Omar at 310-231-9228
or email oaguirre@jfsla.org**

This class is offered through a grant from the LA Department of Aging and is
co-hosted by the MVCC Aging in Place Committee



A family
of services.
A family
that serves.

