



## Sign up today for **Building Better Caregivers** and take charge of your health!

**Caring for adults with chronic conditions such as diabetes, heart disease, memory impairment, pain or anxiety can be a daily challenge. But it doesn't have to be. Sign up today!**

Attend a **FREE**, fun, interactive 6-week workshop and discover how to:

- Effectively cope with stress.
- Improve your health through self-care methods.
- Create action plans.
- Manage difficult care partner behaviors.
- Enhance problem-solving and decision-making skills.
- Navigate resources
- Increase communication skills with family, friends, employers and health professionals.
- Plan for the future.

**Best suited for informal caregivers (family and/or friends).**



### **When:**

**Monday Evenings**

**November 7 – December 12**

**06:00pm-8:00p**

### **Where:**

**In the comfort of your own home via ZOOM**

### **To register:**

[Contact Amy Vance MS, DTR  
[avyogaandwellness@gmail.com](mailto:avyogaandwellness@gmail.com)  
254-206-1737

### **Sponsors:**

**AV Wellness**

**Platte County Senior Fund**

**MID-America Regional Council**

**Healthy Living Coalition**

The Building Better Caregivers program is approved for Title III-E funding under the Older American's Act and is on the list of Best Practice Caregiving for family care givers delivered by the Benjamin Rose Institute on Aging and the Family Caregiving Alliance.