



# Wellness Tip of the Week

with the Area Agency on Aging District 7

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## Support for Caregivers

Our “Powerful Tools for Caregivers” class was designed to target issues specific to caregivers such as depression, anxiety and increased health issues. The program targets these issues and encourages caregivers to take better care of themselves. This program will soon be offered virtually! To learn more, call us at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org).