



Wellness Tip of the Week

with the Area Agency on Aging District 7

Powerful Tools for Caregivers

Our wellness program designed for family caregivers focuses on learning tools for the caregiver to take better care of themselves. Discussions focus on:

- *Taking responsibility for personal well-being.*
- *Having realistic expectations.*
- *Focusing on what can be done and letting go of what cannot be changed.*
- *Communicating effectively with others.*

Classes will soon be offered virtually. If interested, please call us at 1-800-582-7277 or e-mail info@aaa7.org.