

“Powerful Tools for Caregivers” Class Schedule Spring 2010

“Powerful Tools for Caregivers” is a six session educational program for family caregivers that provides tools for increasing self-care, communicating with health care professionals, and for dealing with and finding solutions to difficult situations. Classes are provided in various locations throughout this region. If you’d like more details on the class, please call the contact number for your area listed below.

Island County

Thursdays, March 25 – April 29, 2010, 1 – 2:30 PM

Service Alternatives, 206 N. Main Street, in Coupeville, WA
Call Leslie Saelens to register: 360-231-1600

Skagit County

Wednesdays, April 7 – May 12, 2010, 1 – 3:30 PM

Burlington Senior Center, 1011 Greenleaf, in Burlington, WA
Call Ann Giboney to register: 360-299-9569

Whatcom County

Whatcom County: Mondays, March 1 – April 5, 2010, 10:00 AM – 12 Noon

Alzheimer Society of Washington, 1308 Meador Avenue, Suite C-1, Bellingham, WA
Call Alzheimer Society to register: 360-671-3316.

San Juan County

Kim Boon, 360-676-6749 or 800-585-6749