

POWERFUL TOOLS FOR CAREGIVERS



Feeling Overwhelmed?

Caring for someone with a chronic illness such as dementia, Parkinson's disease, stroke, or cancer can be stressful physically, emotionally, and financially.

PTC is an interactive, evidence-based course designed to equip caregivers with the tools they need to balance caregiving with self-care.

**When you take care of yourself,
everyone benefits.**

**REGISTER NOW FOR
UPCOMING CLASSES**

Next In-Person Session:

July 24 - August 28
Wednesdays
2:00 pm - 3:30 pm

**CALL TO REGISTER:
607-274-5484**



TOMPKINS COUNTY
OFFICE FOR THE AGING

Aging Better, Together