

Caregiver Essentials

An educational program
designed to assist family
caregivers

Sessions available for

- Understand the complexities of caring for an older adult
- Understand the impact of providing and receiving care
- Identify strategies to help create balance in your life
- Become aware of community resources



Tuesday June 13, 2023
1:00 pm—2:30 pm
Chisago County Senior
Center
3890 6th Ave
North Branch MN

To Register or for more information

Collette Colucci at collette@familypathways.org or call 651-257-7905

Or call Carol at 651-675-8658