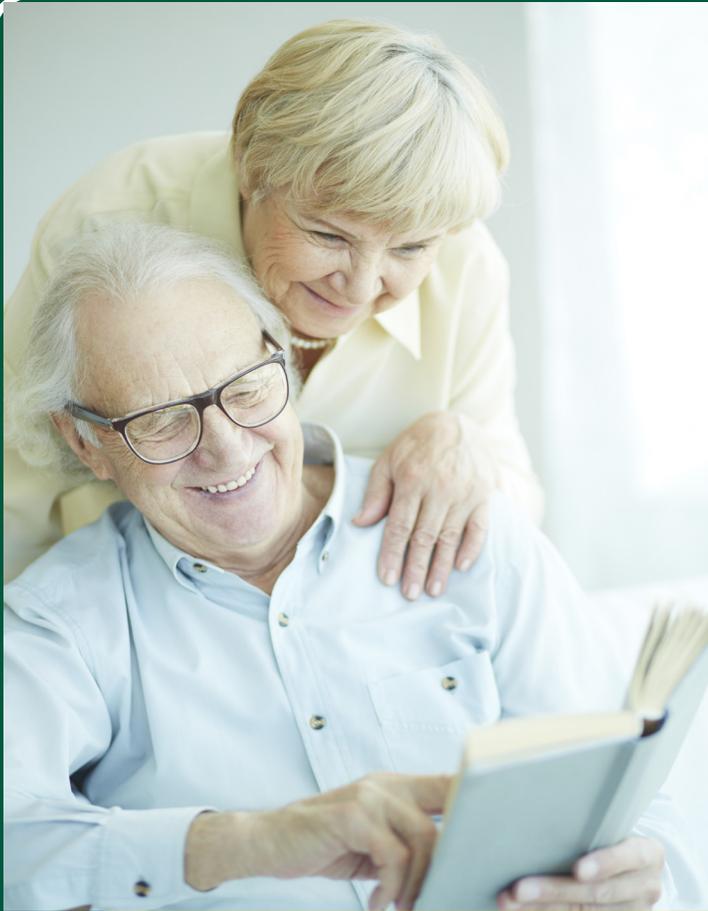


## Feeling stretched caring for a loved one?

This class is designed to provide you — the family caregiver — with skills you need to take care of yourself.



## Powerful Tools for *Caregivers*

Join us for this 6 week  
class series geared  
towards caregivers of  
adults with chronic  
conditions

### You'll learn to:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Locate helpful resources

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

**Monday Afternoons**

**March 16 - April 20, 2026**

**1:00 pm-2:30 pm**

**Online through Zoom**

Contact Kyla Sanders to register and  
receive your Zoom login information

[kyla.sanders@ndsu.edu](mailto:kyla.sanders@ndsu.edu) or

701-348-9907

**NDSU**

EXTENSION