



The ARK  
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## Powerful Tools for Caregivers Telehealth PTC Class

### A virtual class for family caregivers



*Powerful Tools for Caregivers Telehealth PTC* classes is an **online educational program** designed to help family caregivers take care of themselves while caring for a relative or friend who has a chronic illness. You will benefit from this class whether you are helping a parent, spouse, or friend who lives at home, in a nursing home, or across the country.

This Telehealth PTC class series meets weekly on Tuesday for six weeks beginning October 13, 2020.

*Caregivers must have their own computer with webcam, microphone, and internet access.*

**Class size is limited, and registration is required**

**Date:** Tuesday, Oct. 13, 20, 27, Nov. 3, 10 & 17, 2020

**Times:** 6:00 p.m. – 7:30 p.m.

**Location:** Online

**To Register:** The ARK  
Jan Hyatt  
843-471-1360  
843-822-4703

You will receive a **link** and **password** to access the virtual classroom  
Prior to beginning classes each week

**Cost:** Workshop is **FREE**