



POWERFUL TOOLS FOR CAREGIVERS TELEHEALTH 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 LONG-TERM CARE FACILITY, OR ACROSS THE COUNTRY.

THIS TELEHEALTH PTC CLASS SERIES MEETS WEEKLY ON TUESDAY FOR SIX WEEKS BEGINNING FEBRUARY 21, 2023.

CAREGIVERS MUST HAVE THEIR OWN COMPUTER WITH WEBCAM, MICROPHONE, AND INTERNET ACCESS.

DATE: TUESDAY, FEBRUARY 21, 28, MARCH 7, 14, 21, 28, 2023

TIMES: 6:30PM – 8:00PM

LOCATION: ONLINE WITH ZOOM

TO REGISTER: THE ARK

JAN HYATT

843-822-4703 (CELL)

843-471-1360 (OFFICE)

YOU WILL RECEIVE A LINK AND PASSWORD TO ACCESS THE VIRTUAL CLASSROOM PRIOR TO BEGINNING CLASSES EACH WEEK

COST: WORKSHOP IS FREE

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