



## Building Better Caregivers

### A six-week workshop for people who are caregiving for a loved one

You will learn how to:

- ✓ Reduce stress for caregiver and care partner
- ✓ Improve health using self-care methods
- ✓ Manage difficult care partner behaviors
- ✓ Plan for the future
- ✓ Find information and resources
- ✓ Increase communication skills



*Acceptance is another skill I've learned to practice as a caregiver. There will be many things beyond our control. How we react makes the difference - Former Participant*



#### IN PERSON

offered at no cost



#### DATES

**Thursdays**

**May 8 – June 12, 2025**



#### TIME

**2:00 PM to 4:30 PM**



#### PLACE

**South Iredell Senior Center  
202 N. Church Street  
Mooresville, NC 28115**



**CENTRALINA**  
Area Agency on Aging

*All participants are welcome, respected, and valued. Please contact us to request accommodations.*

**Call 704-873-5171 ext. 102 for more information**