



BUILDING BETTER CAREGIVERS

Who: Any caregiver interested in increasing ability and confidence in their caregiver role.

What: 6-week (2 hours/week) small group workshop

When: Fridays begins on September 20th at 10:30am

Where: HealthLinc- Knox Clinic, 104 E. Culver Rd.,
Suite 106, Knox, IN 46534



Commit to your self-care with this small-group workshop!

Interactive sessions meet once weekly for six weeks; each session is 2 ½ hours in duration. Registration is required. To register or to learn more, contact NWICA's Building Better Caregivers Program

RSVP to 574-772-7400