



Powerful Tools for Caregivers



yourjuniper.org

Attend these 90-minute sessions once a week for six weeks, and:

- Improve self-care behaviors such as exercise, relaxation and medical care
- Improve emotional management including reducing guilt, anger and depression
- Increase self confidence in coping with the demands of caregiving

For more information or to register,

Contact: Wilder Caregiver Services
651-280-2273 or caregiving@wilder.org

Register on Juniper:

<https://yourjuniper.org/Classes/Register/4094>

Juniper is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

yourjuniper.org

Toll Free 1.855.215.2174

Please join us for an upcoming class:

Tuesdays,
October 10 – November 14,
2023
1:00 – 3:00 PM

***The class will meet in-person at
Wilder Center***

451 Lexington Ave N., St. Paul

***Contributions and donations are
appreciated.***

Each participant will receive a copy of
“The Caregiver Handbook”

