



**TUESDAYS, OCT
16TH THRU NOV
20TH**

2:00-3:30 PM @ KCOA

Powerful Tools for Caregivers

Powerful Tools for Caregivers is a FREE six-week educational program. Caring for someone with a chronic disease can be stressful physically, emotionally, and financially. Join us to learn how you can improve your coping skills.

Balance your life

Reduce stress

Improve self-
confidence

Better
communicate your
feelings

Locate helpful
resources in the
community

KEARSARGE COUNCIL ON
AGING (KCOA)
37 Pleasant Street, New
London, NH 03257
(603)225-3295 x. 1137
asporcic@bm-cap.org
Dates and Times



Sponsored by Community Action Program
Belknap-Merrimack Counties, Inc.

