

Take Better Care of Yourself and Better Care of Your Loved One



It's not easy to care for a loved one.
We can help...



Date: Thursdays (April 8– May 13)

Time: 5 pm-6:30 pm

Location: Virtual Class Room via zoom

*** If you don't have access to Internet or a device contact us at the number below

Facilitators: Jenn Cole/Kim Jansson

Caregiver Helpbook & materials

Valued at *(\$25) provided through MN Indian Area Agency on Aging

RSVP to Kim Jansson:

(218) 333-8265 or

Email: nice@paulbunyan.net

Classes consist
of six, 90-
minute
sessions held
weekly

Sponsored by

MN Indian Area Agency on Aging with
funding from MN Board on Aging



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