


Powerful Tools FOR Caregivers

A **FREE** Six-Week Workshop for Caregivers



"After taking this class I am a **more confident caregiver!**
Having tools to resolve problems is a definite advantage in becoming a happier, wiser, and healthier me... and a healthier us!"

DATES	Weekly Tuesday January 14, 2020
TIME	1:30pm – 3:30pm
LOCATION	Markham Family Health Team 377 Church St, Suite 201, Markham, ON

Pre-registration is *required*, for more information:

Contact: Carly Holmes
(905)471-9999 ext. 267

Online Registration: www.healthy-living-now.ca/upcoming-workshops/