

Prepare to CARE

Are you prepared to take care of those you love? Are you looking for a way to make care-giving more manageable? Many people do not want to talk or think about future care decisions. It is important to take responsibility to protect yourself and those around you by talking about and putting together a care-giving plan for the future. A plan can increase control, reduce stress, and ease financial burden. It is never too late to start the care-giving conversation. Whether you are a caregiver now, will become a caregiver in the future, or will be receiving care from a loved one, this class is for you.

Start the Conversation.....Friday, March 29, 2019

Planning Ahead.....Tuesday, April 9, 2019

Taking Time for Yourself.....Friday, April 26, 2019

**Time: Classes will begin at 8:00 a.m.
All are encouraged and welcome to attend!**

**Location: Grayson County Alliance Food Pantry
2203 Brandenburg Road Leitchfield, KY 42754**

**To sign up for one or all classes contact
the Grayson County Extension Office TODAY!
(270)259-3492**

