



The ARK
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Powerful Tools for Caregivers Telehealth PTC Class A virtual class for family caregivers



Powerful Tools for Caregivers Telehealth PTC classes is an **online educational program** designed to help family caregivers take care of themselves while caring for a relative or friend who has a chronic illness. You will benefit from this class whether you are helping a parent, spouse, or friend who lives at home, in a nursing home, or across the country.

This Telehealth PTC class series meets weekly on Tuesday for six weeks beginning January 19, 2021.

Caregivers must have their own computer with webcam, microphone, and internet access.

Class size is limited, and registration is required

Date: Tuesday, January 19, 26, February 2, 9, 16, 23, 2021

Times: 6:00 p.m. – 7:30 p.m. EDT

Location: Online

To Register: The ARK
Jan Hyatt
843-471-1360
843-822-4703

You will receive a **link** and **password** to access the virtual classroom
Prior to beginning classes each week

Cost: Workshop is **FREE**