

FOR MORE INFORMATION, CONTACT:

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**FOR IMMEDIATE RELEASE**

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**Free Caregiver Support Program!**

*Increase Caregiver Knowledge & Skills with this virtual evidence-based workshop offered by the Area Agency on Aging for SWFL*

**Southwest, FL (December 16, 2022)—** Powerful Tools for Caregivers, a six-week, evidence-based program, is designed to assist caregivers in improving: self-care behaviors, self-confidence, and community connections. Over the course of six weeks, participants are coached in proactive ways to deal with the difficult emotions that can often accompany caregiving and are connected to a network of individuals to share support and best practices.

Starting in January, the Area Agency on Aging for SWFL (AAASWFL), will offer a free, virtual six-week Powerful Tools for Caregivers Workshop. This workshop series begins January 24th and continues to February 28th, every Tuesday from 2:00pm to 3:30pm on ZOOM.

**Space is limited and advance registration is required**. To participate, you must reside in Charlotte, Collier, DeSoto, Glades, Hendry, Lee, or Sarasota County. To register, contact Sarah Gualco, AAASWFL’s Health & Wellness Coordinator at sarah.gualco@aaaswfl.org or by calling 239-652-6914.