



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 long-term care facility, or across the country.

This Telehealth PTC class series meets weekly on Tuesday for six weeks beginning January 18, 2021.

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

**Class size is limited, and registration is required**

**Date:** Tuesday, January 18, 25, February 1, 8, 15 & 22nd

**Times:** 6:30pm-8:00pm

**Location:** Online with Zoom

**To Register:** The ARK  
Jan Hyatt  
843-822-4703 (cell)  
843-471-1360 (office)

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

**Cost:** Workshop is **FREE**