

# Macon County Health Department



**Public Health**  
Prevent. Promote. Protect.

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**FOR IMMEDIATE RELEASE**

**June 22, 2015**

## **Caregiver Support Services to Offer Powerful Tools Class**

DECATUR, IL – The Macon County Health Department’s Starting Point Division would like to invite those who provide care to loved ones to join them at 1:00 p.m. on Thursday, July 9<sup>th</sup> for the start of a new Powerful Tools class. During class time, caregivers learn how to reduce personal stress, communicate effectively with family members and doctors, practice self-care, and much, much more. Powerful Tools has been shown to minimize the negative impact that care-giving has on lives, and it also helps caregivers learn to identify resources for help. Classes will continue for 6 (six) weeks and will be held at the Macon County Health Department in the Main Conference Room, located at 1221 East Condit Street in Decatur. For more information and/or to register for this class, please contact Robin or Sally at the Macon County Health Department at (217) 423-6550.

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