

# Toula's for Tips Caregivers

HELP IS ON THE AIR

**Saturdays at 11:00 a.m. on  
600 AM RADIO**

**Tune in and listen to words of encouragement and tips  
to help you care for yourself as well as your loved one!**

**Join us on the show – call in to receive caregiving  
advice and discuss the caregiver issues on your mind!**

[www.ToulasTipsForCaregivers.com](http://www.ToulasTipsForCaregivers.com)

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