FREE Classes for You!

re: charge

re: juvenate

re: engage

May Schedule

Tuesdays, May 5 - June 9
Powerful Tools for Caregivers
Department of Elder Affairs
6 Week Session: 1:00 - 3:30 each week
Hoover Building, Level A
Registration Required
(Contact PDS at 515-281-5456)

Wednesday, May 6
Surviving & Thriving: Family Caregiving
Department of Elder Affairs
11:30 - 12:30
Wallace Auditorium

Wednesday, May 14
Generational Differences
Rita Rizzo of Rizzo & Associates
8:30 - 12:30
Hoover Building, Level A, Conf Rm 5

Thursday, May 14
My Plan After 50®
Wisdom Worker Solutions
11:00 - 12:30
Wallace Auditorium

Wednesday, May 20
So Far Away: Long Distance Caregiving
Department of Elder Affairs
11:30 - 12:30
Wallace Auditorium

Thursday, May 21
How to Get Along in Cubicle Land
Carol Tripp of Merit Resources
11:00 - 12:00
Hoover Building, 3rd Floor, Room 329 & 330
Registration Required
(Contact PDS at 515-281-5456)

Plus Many More May Sessions

* **Identity Theft**
* **1st Time Home Buyers**
* **Change Your Oil! - Healthy Eating**
* **Be Healthy, Fit & Happy Eating Out**

Registration not required except where noted

PDS Performance & Development SOLUTIONS

Questions or More Information?
Check out our website for more information
http://learnatpds.iowa.gov
or contact PDS at:
(515) 281-6383 Email:: pds@iowa.gov

Iowa Department of Administrative Services DAS