

Caring for someone with Alzheimer's or Dementia?

The Savvy Caregiver Free 6-week Program

Whether you give care as a family member or friend, this program can help you to better care for your own health and more effectively manage the unique challenges of dementia care.

Six free sessions cover the following:

- Unique impact of dementia on both the care recipient and the caregiver
- Identifying personal barriers to self-care
- Setting reasonable goals
- Managing stress
- Effective communications
- Sources of support
- Strengthening family resources

Join us: VIA ZOOM!!!

June 4th – July 16th, 2020

11 a.m. – 1 p.m.

Join the workshop from the comfort of your own home on your computer, tablet or smartphone!



Register by phone
or online today at...

978-946-1211

or

www.healthyliving4me.org

