

Caring for a loved-one with dementia is easier when you have support



We can help...

THE SAVVY CAREGIVER

If you are an **active caregiver** of a family member or friend with dementia living at home, this workshop will help you gain special skills and knowledge you will need to be successful.

The Savvy Caregiver will help you:

- √ Understand the impact of dementia on both you and your loved-one.
- √ Learn the skills you need to manage daily life.
- √ Take control and set goals.
- √ Communicate more effectively.
- √ Strengthen family resources.
- √ Feel better about your caregiving.
- √ Take care of you!

Program Details

Dates:

Tuesdays,
Sept. 12 - Oct. 17

Time:

2:30pm - 4:30pm
Class meets once per week for 6 weeks.

Location:

Woburn Senior Center
144 School St, Woburn

Cost: Free!

Donations are welcome.

Contact:

Judy Tanner
781-897-5963

Respite help is available!

Let us know when you register if paying for respite care is a barrier to attending.

A Healthy Living Program of:



Minuteman
SENIOR SERVICES

Toll-Free (888) 222-6171
www.minutemansenior.org

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